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Men given jail terms for killing, eating girl, 16

ST. PETERSBURG A Russian court has convicted two men of murdering and eating a 16-year-old schoolgirl in January. The St. Petersburg City Court says it sentenced a 21-year-old Goth-rock musician to 19 years in a maximum-security prison, while his 20-year-old accomplice was given 18 years.

The court said yesterday the musician lured his victim to his apartment, where he and his friend drowned her in a bathtub and cooked parts of her body in an oven.

THE ASSOCIATED PRESS

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WHAT'S THIS BARCODE FOR?
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Mother's Day
Make it extra special with Metro's Mother's Day Gift Guide, pages 12-17

On the web
Visit metronews.ca for news updates

Fashion Tiptoe through the tulips

TRACEY TONG/METRO OTTAWA

Model Cheryl Coulas models a dress by Ottawa-based haute couture designer Richard Robinson in the ByWard Market yesterday. The designer, who gave a sneak preview of his collection, which was created in support of the Canadian Breast Cancer Network, is holding an unveiling in Gatineau on Saturday.

Closure concerns

Cyrville Road businesses fear impact of bridge shutdown

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Businesses on Cyrville Road are anxious about a proposal to close down the bridge over the Highway 417 and 174 interchange for nine months next year.

In order to replace and widen the overpass, the Ontario Ministry of Transportation is proposing that it be closed to all traffic from around February to November 2011.

According to the plan, the bridge would be demolished and removed over the course of a night on a weekend and then reconstructed. That would effectively turn Cyrville Road into a dead end on the north side where it meets the Queensway.

"That's going to make things very difficult for us," said Barry Wagorn, owner of Wagorn's Garage, the last business before the bridge. "Not getting access to the Queensway and all these detours are costing us time and costing me money."

Wagorn said he understands that the bridge needs to be replaced, but he would prefer that at least one lane remain open in each direction.

The MTO does have a replacement option to keep one lane open, but it would cost $21.3 million and take two years to complete, compared to $16 million for the nine-month complete closure.

Two previous bridge replacements along the Queensway have used the rapid replacement technology, but MTO senior project engineer Frank Vanderlaan said that was not possible in this instance.

Even if they could find a suitable staging area nearby to build the new bridge, MTO would still have to close Cyrville Road to dig extra space for future extra lanes for the Queensway.

The closure will also mean the Cyrville Transitway station will be inaccessible from the south.

Transit service design manager Pat Scrimgeour said they intend to run a shuttle to bring people across the highway to either Cyrville Station or St. Laurent Station. Rough plans suggest it would be a single bus running on a 20-minute loop, he said.

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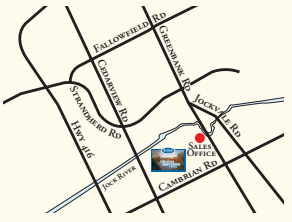

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SCANLIFE

Local

Finisher's medals help Africa

Ottawa Race Weekend organizers have teamed with International Children's Awareness Canada to create special handmade finisher's medals for the Family 2K race May 29. A group of women in the Lebialem Valley, an isolated region of the country located in West Africa, made 3,000 medals from agejiga seeds, coconut shells and bamboo shoots, generating $10,000 for its local economy.

METRO OTTAWA

News in brief

CRIME An off-duty Ottawa police officer was charged following an incident in Brockville earlier this week. The officer, who has not been named to protect the victim, has been assigned to administrative duties pending the outcome of the criminal charges.

PROBE Police are investigating after they say a lone male in a vehicle approached a 10-year-old girl in the Carlington area yesterday morning. Police are seeking a black male between 20 and 30 years old.

CHARGES Police have charged an Ottawa man following an investigation into an alleged inappropriate sexual relationship between a jiu-jitsu instructor and a female student under the age of 16. METRO OTTAWA

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What's online today.

Video Still no fans of seal hunts, PETA uses graphic video to urge tourists away from Canada at **metronews.ca/canada**

Lotteries

Lotto 6/49: 12, 13, 15, 31, 47 and 49. Bonus 28
Ontario 49: 6, 10, 11, 20, 31 & 39 Bonus 34
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These results are not official.

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Local vet recounts his VE Day story

TRACEY TONG
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Alex Polowin was only a teenager when the Second World War began.

When he heard of the Nazi invasion across Europe, Polowin, who immigrated to Canada as a baby, felt compelled to join the fight.

He lied about his age and enlisted in the navy, serving on Canadian warships from 1942 to 1945.

Yesterday, Polowin, who settled in Ottawa after the war, recounted his wartime story to a room full of Second World War veterans and local students at the Chateau Laurier.

Recounting VE Day, he said, "Wow, what a feeling."

Polowin was one of two local veterans who shared their stories of service and sacrifice to mark the 65th anniversary of the Victory in Europe and to raise awareness of The Memory Project: Stories of the Second World War.

Alex Polowin

The project is offering every living Second World War veteran the opportunity to share their stories of service and sacrifice, said Marc Chalifoux, executive vice-president of the Historica-Dominion Institute, which is organizing the project.

"We are interviewing thousands of veterans from coast to coast to coast. We're digitizing their photos, their medals, their diaries and we're making it all available on the state-of-the-art website for now, and for generations to come."

"For a lot of these veterans, talking about these experiences ... isn't an easy thing to do," said Heritage Minister James Moore.

"But they do it because they want to make sure the experiences they had are understood so they never have to go down that road again."

"Future generations must never forget the heroism of our ancestors," said Laureen Harper.

Parliament Hill **Rally for MS treatment**

TIM WEECLAWSKI/METRO OTTAWA

Rita McGoldrick, a multiple sclerosis patient from Pembroke, joined more than 100 others on Parliament Hill yesterday to demand that the federal government approve and fund testing and treatment for a condition called chronic cerebro-spinal venous insufficiency, which is believed to cause many of the symptoms associated with MS.

TRACEY TONG/METRO OTTAWA

Sarah Argue, left, and her puppet, Ned, of Rock the Arts!, entertain Perry McRae yesterday at Ottawa Festivals' launch of the festival season event in the ByWard Market. Rock the Arts! will be featured at several local festivals this summer.

Festival season kicks off in Ottawa

EVENTS With about 50 festivals planned in the capital this year, Ottawa Festivals launched its 2010 season yesterday.

The festival season, which moves into high gear with the Canadian Tulip Festival starting tomorrow, has something for everyone and includes the Ottawa International Children's Festival and Ottawa Race Weekend — and that's just the rest of May.

"Last week, Ottawa was named the best place to work and play and raise your family," said Mayor Larry O'Brien. Part of the reason for that, he said, is "how vibrant and how cultured (Ottawa is) and how much we have going on in our wonderful city."

June is a big month for festivals, including the Carnival of Cultures, the Canada Dance Festival, Italian Week, Westfest, Festival Franco-Ontarien, the Ottawa Dragon Boat Festival, the Ottawa International Jazz Festival and the Unisong Canadian Choir Festival.

Canada Day festivities, which bring hundreds of thousands of revellers downtown, kick off the month of July. Cultural events include the Ottawa Turkish Festival, Greekfest, Caribe-Expo and Lebanorama, while late summer and early fall ushers in the fair season in Navan, Richmond, Carp, Metcalfe, and SuperEX in Ottawa's downtown core.

Ottawa Festivals also launched its info and ticket sales centre at 47 William St. yesterday, making it easier to get in on all the action.

"This is a great opportunity for visitors and residents to find out more information about Ottawa's events," said Ottawa Festivals executive director Barbara Stacey. "There are some very unique festivals and events going on in Ottawa that they may not be aware of."

TRACEY TONG/METRO OTTAWA

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'Enigma machine' decodes messages from our genes, researchers say

Toronto researchers have unveiled an "Enigma machine" program that can decode the messages of our genes. Like the German decoding device captured by the Allies during the Second World War, the University of Toronto program can unlock the meaning of a garbled language — in this case, the cryptic orders that direct our genetic machinery. TORSTAR NEWS SERVICE

Canada

Six pot plants? Go to jail

The Conservative government is reintroducing a crime bill that would impose a six-month sentence for anyone convicted of growing from six to 200 cannabis plants. More than 200 would draw a year in jail. The new bill was reintroduced in the Senate as part of the government's retabling of tough-on-crime bills that died when the last Parliament was prorogued. THE CANADIAN PRESS

Who wants to wallop Hitler? Not us

Liberate Europe? Defeat Hitler? No thanks, say younger Canadians.

A poll, timed for Saturday's 65th anniversary of VE Day, has the Historica-Dominion Institute suggesting there is increasing reverence for Second World War vets but a troubling ambivalence about following their example.

A clear majority of younger Canadians say they would not have volunteered in 1939 to help defeat Nazism.

The survey shows a significant divide between older Canadians and those aged 18 to 35, 65 years after the most significant human conflagration of the past century.

"Do they know what this conflict was all about?"
Andrew Cohen

Over three quarters of 1,025 respondents in the Ipsos-Reid online panel agreed the men and women who served in the Second World War deserve to be called the Greatest Generation.

More than 94 per cent of respondents said Canada's war veterans deserve to be called heroes.

"You have on one hand praising (and) honouring the veterans — which we didn't do for many years," said Andrew Cohen, president of the Historica-Dominion Institute.

"And then we ask the question: 'But if you were in similar circumstances, would you go?' Well, yeah, there is a high number generally of Canadians, but the younger you get, the more persuaded they have to be."

Cohen would like to better understand why 60 per cent of adult Canadians below age 35 say they'd reject serving.

"Do they know enough?" he says of the conflict.

"Do they know what this conflict was all about?

"Having learned what we think they should know, do they still believe that?" THE CANADIAN PRESS

Stem cells put women at risk?

HORMONES A team of Toronto researchers has pinpointed the molecular mechanism that may explain why women who undergo menopause late in life face a higher risk of breast cancer.

Scientists from the Ontario Cancer Institute have found the ovarian hormone progesterone drives the production of stem cells in breast tissue, which creates an environment ripe for cancer to take root.

The finding provides an important clue to why a woman's reproductive history is a risk factor.

Studies have shown women who have more than the average number of menstrual cycles — women who menstruate early and those who undergo menopause later in life — are at an increased risk of developing the disease.

But until now, scientists did not understand the molecular basis for why progesterone is involved in the increased risk.

"Our work establishes a direct connection between these hormones and the stem cells in the breast," said the study's principal investigator, Rama Khokha.

TORSTAR NEWS SERVICE

Environment experts say Greenland's offshore drilling plans give Canada reason to worry.
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Alberta **Mr. Blair wins fair — to the tune of $41M**

THE CANADIAN PRESS/HANDOUT

This is the giant grin of one of the happiest men in Canada. Why is this man smiling? Cameron Blair of Beaumont, Alta., won a $41.7-million Lotto Max lottery, the biggest jackpot ever won by a single person in Alberta and the second largest ever in the country. Blair holds his cheque at a news conference in St. Albert, Alta., yesterday.

PETA to tourists: Shun Canada

SEAL HUNT An anti-sealing video is urging tourists to skip Canada.

It's a new salvo against the East Coast seal hunt from People for the Ethical Treatment of Animals. The one-minute video features images of seals being clubbed to death.

PETA's Dan Mathews says it's a retort to a Canadian commercial that shows a seal hopping on to a kayak as delighted paddlers squeal. It says: Canada. Keep Exploring.

The PETA video says: Explore Elsewhere.

"We thought, 'Let's bring a dose of reality to this,'" Mathews said. THE CANADIAN PRESS

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New cloud of ash slows air traffic over British Isles

A new wave of dense volcanic ash from Iceland snarled air traffic yesterday in Ireland and Scotland and threatened to spill into the air space of England. Authorities are now seeking to stop flights only when the ash reaches certain density levels and gets within 100 kilometres of an airport's path for landings and takeoffs. THE ASSOCIATED PRESS

World

Joe the Plumber to Joe the Politician?

Joe the Plumber is plunging into party politics. Samuel (Joe) Wurzelbacher, left, who was hailed as the voice of the common man by Republican John McCain's presidential campaign in 2008, won one of nearly 400 seats on the local Republican Party committee in Ohio's Lucas County. But don't call him Joe the Politician just yet. The group he'll serve on meets only a few times a year to elect the county chairman and sets the party agenda. THE ASSOCIATED PRESS

China experiencing syphilis epidemic

SHANGHAI Every hour a baby is born in China with syphilis as the world's fastest-growing epidemic of the disease is fuelled by men with new money from the nation's booming economy, researchers say.

The easy-to-cure bacterial infection, which was nearly wiped out in China five decades ago, is now the most commonly reported sexually transmitted disease in its largest city, Shanghai.

Prostitutes along with gay and bisexual men, many of whom are married with families, are driving the epidemic, according to a commentary published today in the New England Journal of Medicine.

The increase reflects the country's staggering economic growth, providing both businessmen and migrant labourers more cash and opportunity to pay for unsafe sex while away from home.

"In the '50s and '60s in China, syphilis and other STDs were extremely uncommon. The number of new cases has just rapidly accelerated," Dr. Joseph Tucker, lead author and an infectious disease specialist at the University of North Carolina at Chapel Hill, said in an interview.

"Even one baby born with syphilis in China is unacceptable."

Unlike other sexually spread diseases, such as gonorrhea or chlamydia, syphilis can eventually ravage the mind and kill if left untreated. A shot of penicillin is a cheap cure, but many people never experience specific symptoms and the disease remains undiagnosed.

In the U.S., despite laws in most states requiring testing during pregnancy, the disease is also making a comeback after nearly being eliminated 10 years ago. THE ASSOCIATED PRESS

Forget mice, it's bees that elephants fear — and that fact may help save humans.

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Greek riots turn deadly

Country comes to virtual standstill amid unrest over economic crisis

Rioting over harsh austerity measures left three people dead in a torched Athens bank and clouds of tear gas drifting past parliament in an outburst of anger that underlined the long and difficult struggle Greece faces to stick with painful cutbacks that come with an international bailout.

The deaths were the first during a protest in Greece in nearly 20 years.

Fear that the bailout won't stop the debt crisis from spreading to other financially troubled EU countries like Portugal and Spain intensified amid the violence yesterday, as credit ratings agency Moody's put Portugal on watch for a possible downgrade.

The euro sank, dipping below $1.29 US for the first time in more than a year, on fears of crisis contagion and concerns that political upheaval might keep Greece from keeping its end of the bailout bargain.

Greece faces a May 19 due date on debt it says it can't repay without the help. The new government cutbacks, which slash salaries and pensions for civil servants and hike consumer taxes, are being imposed as condition of getting a $150-billion package of rescue loans from the International Monetary Fund and the other 15 European Union countries that use the euro as their currency.

Economists say Greeks face years of living with less to even have a chance to avoid national bankruptcy.

An estimated 100,000 people took to the streets during a nationwide general strike that grounded flights, shut all services and pulled news broadcasts off the air.

Three bank workers — a man and two women — died of smoke inhalation after demonstrators torched their bank, trapping them.

German Chancellor Angela Merkel urged lawmakers yesterday to speedily approve their country's share of the loans to Greece.

"Nothing less than the future of Europe, and with that the future of Germany in Europe, is at stake," Merkel told lawmakers. "We are at a fork in the road." THE ASSOCIATED PRESS

PHOTO SOSSINIS TSILFIDIS/THE ASSOCIATED PRESS

A riot policeman runs from angry protesters yesterday in Thessaloniki, Greece.

> **"Nothing less than the future of Europe ... is at stake."**
> German Chancellor Angela Merkel on the potential effect of the Greek financial crisis on Europe

News in brief

NIGERIA President Umaru Yar'Adua, long plagued by poor health, has died at age 58, almost three months after his vice-president assumed control of Africa's most populous nation, Yar'Adua's spokesman said. Yar'Adua died yesterday at the Aso Rock presidential villa with his wife, Turai, at his side, presidential spokesman Olusegun Adeniyi told The Associated Press. Adeniyi did not give a cause of death. Yar'Adua took office in 2007 in a country notorious for corruption and gained accolades for being the first leader to publicly declare his personal assets when taking office. But enthusiasm for his presidency waned as time passed and he made no headway in fighting entrenched corruption.

OHIO A man who spent nearly 30 years in prison is being released after new DNA tests showed he didn't rape an 11-year-old girl. Raymond Towler had been serving a life sentence for the rape of a girl in a Cleveland park in 1981. Cuyahoga County Common Pleas Judge Eileen Gallagher choked back tears as she vacated the conviction yesterday and left the bench to shake Towler's hand at the defence table. THE ASSOCIATED PRESS

Pakistan dismisses Taliban claim

PLOT Pakistan's army does not believe the Pakistani Taliban were behind the Times Square bomb attempt as the insurgent group has claimed, a military spokesman said yesterday. Relatives of Pakistani-American Faisal Shahzad, arrested in New York over the plot, expressed surprise at his alleged involvement, saying he came from a respected family in a conservative part of the country and had previously shown no signs of militancy. THE ASSOCIATED PRESS

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Comment

Mother knows best

Dear mom,

Bet you weren't expecting to read an open letter to you in my column this week.

I know you're a pretty private person and I certainly don't want to embarrass you by telling all of these nice people too much about how wonderful you are. That said, I want to take this opportunity to admit a few things that I'd never be able to say in person.

Because I'm stubborn.

Listen, you've been right about a lot of things over the years. You've been right and I've been wrong. Enjoy this, because I will never again concede to any of these points, either publicly or privately.

(Unfortunately, due to Mother's Day's proximity to tax time, you'll have to consider this your official present. Sorry.)

Ready? Here we go:

You were right to deny us a puppy. It would have grown into a dog. And the novelty would have worn off. And you would have been the one wielding the pooper scooper, just like you always said.

You were right about piano lessons. Even though I whined and complained about practising every day for the entirety of my childhood and adolescence, I am glad that you forced us to learn how to play. Piano lessons taught me rhythm, emotion and patience — all things that I draw upon daily as a writer. Piano also instilled a lifelong appreciation for music. Thank you!

"You were right about choosing my friends wisely. I am a happier and better person for having chosen kind, smart, funny, thoughtful and generous friends."

You were right about coasters.

You were right about mittens.

You were right about boys who aren't nice to their moms.

You were right about choosing my friends wisely. I am a happier and better person for having chosen kind, smart, funny, thoughtful and generous friends. Thank you for encouraging the good friendships and judiciously raising an eyebrow at undesirables.

You were right about washing lacy bras by hand.

You were right to be overprotective. There's a lot of frightening stuff out there and there was no need for me to be exposed to any of it before I was ready.

You were right that choosing a partner will be the most important decision I'll ever have to make. So ... let me take my time.

You were right about spinach salad. (The jury is still out on broccoli salad.)

You were right about polka dots.

You are not right at all about pairing pantyhose with open-toed shoes, but nobody's perfect.

Happy Mother's Day!

Ti milvam,

Tvoeto srce

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Conversation about sex needs to happen

By now, you've probably heard about the Ontario government's attempt to introduce a new sex ed curriculum — a change that was planned for fall 2010 but quickly shelved when conservative groups protested.

The revised curriculum would have seen Grade 1 students learning the proper names of body parts. It would have taught Grade 3 students to respect "invisible differences" between people, like sexual identity and orientation; taught Grade 4 students about puberty; and mentioned oral and anal sex to Grade 7 students.

Some critics argue that the "graphic" curriculum would encourage kids to have sex earlier. But in a world where sex is used to sell everything from clothing to cars, kids are already getting that message. Shouldn't we provide some no-nonsense context to go along with the hypersexualized media they see every day?

"Besides, studies show that kids who are well-informed about sex tend to postpone having it."

Besides, studies show that kids who are well-informed about sex tend to postpone having it.

Another sticking point is the Grade 3 mention of sexual identity. But what's got opponents' undies in a twist is really just a quick, PG lesson about respecting differences in others (learning abilities and cultural values are also mentioned).

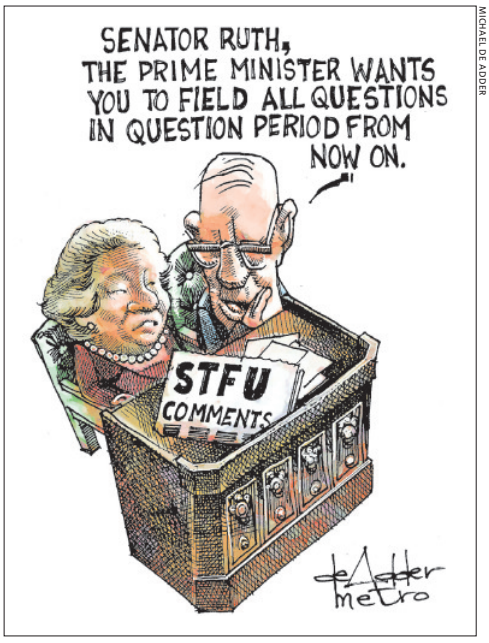
The province's sex ed curriculum hadn't been reviewed since 1998 and, while it's cliché to say it, times have changed. Kids are hitting puberty at a younger age and they're encountering sexually charged materials earlier, too. For youth growing up in the Internet age, stumbling onto pornographic images is almost unavoidable — and not an ideal introduction to sexuality.

When I hear opponents say Grade 1 is too young to be teaching kids the proper names for their genitals, I can't help but be amazed.

Imagine if you went the first six years of your life without being given the proper word for your hands or feet, stuck with goofy euphemisms (your "grabby grabber" or your "walky bits") or, worse yet, no words at all. How would you tell someone if something was wrong? How would you develop any sense of ownership? With silence comes shame and confusion.

I know talking about sex isn't always easy, especially when kids are involved, but that's why it's part of the curriculum. If we want our kids to grow up to be healthy, happy adults who know how to protect and love their bodies, this conversation needs to happen — and it needs to happen early.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless. Visit www.shamelessmag.com



MICHAEL DE ADDER

Worth mentioning

Group pushing feds to name national bird

Americans have the bald eagle, New Zealand has the kiwi. What should be Canada's national bird?

With the Canadian Raptor Conservancy pushing the federal government to name a national bird and boost Canada's sense of identity, Ontario Premier Dalton McGuinty is backing the red-tailed hawk.

The red-tailed hawk can be seen across Canada except on the island of Newfoundland and the high Arctic.

"Just about every day, driving along the highway, you can see one," said James Cowan, a director of the Canadian Raptor Conservancy. The conservancy is based in Vittoria, near Simcoe, Ont., and holds falconry exhibitions across the country.

Cowan's group has an online petition (www.canadianraptorconservancy.com) aimed at convincing the feds to adopt an official avian. The group favours the red-tailed hawk or Canada goose, although the petition invites submissions.

TORSTAR NEWS SERVICE

Quote of the Day

"The international courts, as they stand at the moment, are not prosecuting children under the age of 18. Trying young people for war crimes with regard to acts committed when they are minors could create a dangerous international precedent."

— RADHIKA COOMARASWAMY, THE UN SECRETARY GENERAL'S SPECIAL REPRESENTATIVE FOR CHILDREN AND ARMED CONFLICT, WHO CALLED ON CANADA AND THE UNITED STATES TO TREAT OMAR KHADR AS A CHILD SOLDIER AS DEMANDED UNDER INTERNATIONAL PROTOCOLS, AND FOR HIS RELEASE INTO CANADIAN CUSTODY. THE CANADIAN PRESS

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

BP credit rating could take hit: Moody's

Moody's Investors Service says BP's credit rating could face "downward pressure" because of the rig explosion and oil spill in the Gulf of Mexico. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Housing market to cool: TD Bank

TD Bank says home sales will be significantly lower in the second half of this year and next — and prices are dropping too.

The new outlook is in accord with previous expectations, with the exception that TD now believes the slowdown from the current hot housing market to be sharper. The bank has kept its prediction for the number of units sold this year nationally at 475,000.

The bank says with home construction stronger than expected, the supply will soon begin affecting prices.

The first half of this year has been hotter than expected, and the second half will be cooler, TD says.

The bank says it had expected existing home prices next year to gain 1.6 per cent, but now believes they will fall 2.7 per cent. TD also says prices will drop next year in all provinces except the Prairies. It predicted British Columbia would lead the drop at 3.4 per cent, and Ontario, at three per cent.

TD said yields on Canadian government bonds — which underpin mortgage rates — have risen faster than expected. It also has changed its view of when the Bank of Canada will raise interest rates, to June 1, from its prediction of July 20. THE CANADIAN PRESS

Whither the keyboard? Google imagines a phone navigated by voice control.

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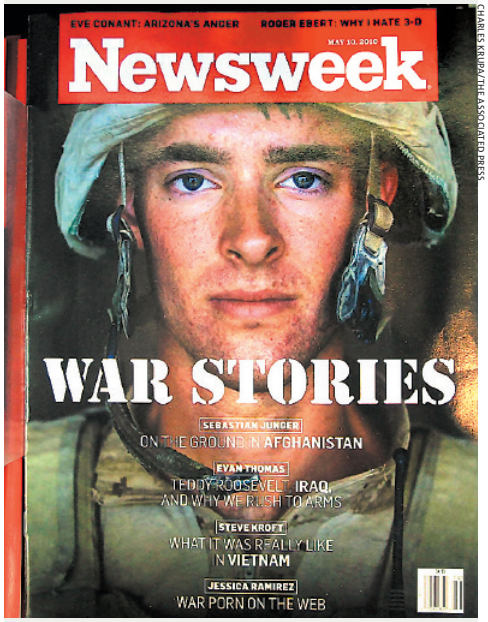

CHARLES KRUPA/THE ASSOCIATED PRESS

Newsweek magazine is displayed at a news stand at South Station in Boston, yesterday. The Washington Post Co. is putting Newsweek up for sale in hopes that another owner can figure out how to stem losses at the 77-year-old weekly magazine.

Mortgage fraud case just tip of the iceberg, says accountant

LAWSUIT The Bank of Montreal's sweeping lawsuit against hundreds of people in a $70-million alleged mortgage-fraud scam is just the surface of an industry-wide problem, a forensic accountant says.

"This is hitting the news because of the size of the operation and the fact a bank has decided to take such forward action on it," Greg Draper, with firm Meyers Norris Penny, said. "But it's happening on a smaller scale to financial institutions across the country on a regular basis."

Recoup

- Bank spokesman Ralph Marranca declined comment yesterday, but the bank figures it will only be able to recoup about $30 million.

The Bank of Montreal, in a lawsuit filed in Calgary, says it has been scammed by hundreds of people, including lawyers, mortgage brokers and even some of its own staff, in a series of schemes that were first flagged four years ago.

Draper said what surprised him about the allegations was "the size of the operation and the number of people involved." THE CANADIAN PRESS

Business in brief

LOONIE The loonie's assault on parity with the U.S. dollar appears to have stalled — for now — amid a flight to safety from the spreading Greek contagion. With the sovereign debt crisis threatening to metastasize across southern Europe, the Canadian currency is once again finding it difficult to stay aloft as investors flee to traditional safe-haven currencies, such as the greenback. The loonie fell for the second straight day yesterday — at one time plunging close to a cent to a two-month bottom of 96.58 cents US — before recovering somewhat to 97.12 cents. THE CANADIAN PRESS

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China..... 2.9 ¢	Guyana.....27.9 ¢
Ecuador.....12.9¢	Honduras.....15.9 ¢
El Salvador. ..... 9.9 ¢	Iraq.....4.9 ¢
Jamaica..... 8.9 ¢	Israel.....2.9 ¢
Jordan.....4.9 ¢	Italy.....2.9 ¢
Kenya..... .9.9 ¢	Russia..... 2.9 ¢
Kuwait.....6.9 ¢	Saudi Arabia..... 9.9 ¢
Lebanon ..... 9.9 ¢	South Korea..... 2.9 ¢
Libya.....24.9 ¢	Sri Lanka.....9.9 ¢
Nepal.....7.9 ¢	Trinidad..... 4.9 ¢
Oman..... 12.9 ¢	U.A.E.....16.9 ¢

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Garnett misses practice

Boston Celtics forward Kevin Garnett is nursing a mild mid-foot sprain that has kept him out of practice. The Celtics and Cleveland Cavaliers are tied 1-1 in their best-of-seven Eastern Conference semifinal series. Game 3 isn't until tomorrow night, and coach Doc Rivers says he expects Garnett to play. THE ASSOCIATED PRESS

Sports

Tebow jersey top seller

Tim Tebow, left, already leads the NFL in one category: Jersey sales. His Denver Broncos No. 15 was by far the most popular on the NFL's website for April. His celebrity clearly trumps the debate over whether he will ever make it as an NFL quarterback after winning the Heisman Trophy and two national championships at Florida. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

JIM MCISAAC/GETTY IMAGES

Mark Recchi, left, of the Boston Bruins celebrates his third period goal with teammates Blake Wheeler and Patrice Bergeron as Philadelphia Flyers goalie Brian Boucher looks on last night.

Flyers on the ropes

Bruins on verge of advancing after 4-1 victory

(Boston leads series 3-0)

Bruins 4 Flyers 1

Blake Wheeler, Miroslav Satan and Mark Recchi scored for Boston in a 4-1 win over the Philadelphia Flyers that lifted the Bruins to a commanding 3-0 lead in the Eastern Conference semifinal series last night.

Patrice Bergeron scored an empty-net goal for the Bruins with 1:52 left.

Bruins goalie Tuukka Rask allowed a quick goal at the start, but finished with 34 saves. The Bruins can complete the sweep in Game 4 in Philadelphia tomorrow night.

Wheeler and Satan scored 94 seconds apart in the first period to wipe out the Flyers' lead, and the Bruins never looked back. They won the first two games of the series at home — and the Bruins might not play in Boston again until the Eastern Conference finals.

Arron Asham scored for the Flyers.

The Flyers' first home playoff game since April 20 had an unusual vibe from the start. There were large patches of empty seats and the normally rocking 20,000-plus was quiet from the opening faceoff.

Perhaps they sensed something.

The Flyers did give their fans a quick jolt, scoring first when Asham flipped the puck under a sliding Rask's glove only 2:32 in. It did more than give the Flyers the first lead of the game — it was their first lead of the series. And their last one of the night.

The Bruins took over from there, even as injuries forced centre David Krejci and Adam McQuaid out of the game. Krejci was levelled on a crushing hit from Flyers captain Mike Richards that actually led to Boston's go-ahead goal.

The loose puck was corralled by Milan Lucic, who got it to Satan for his fifth goal of the post-season and a 2-1 Boston lead.

THE ASSOCIATED PRESS

Red Wings looking to buck history's trend

NHL The Detroit Red Wings have accomplished a lot over the last two decades, winning four Stanley Cups in six trips to the finals during the longest active post-season streak in sports.

The Red Wings, though, have never done what they're trying to do now.

If fact, just two teams in NHL history have won a series after trailing 3-0 as Detroit does against the San Jose Sharks.

Mike Babcock

"We're looking at it as what a great feeling it would be if we could be the team to do that again," Red Wings captain Nicklas Lidstrom said yesterday.

"In doing that, you can only look at the next game and not the four games."

Detroit will host the top-seeded Sharks in Game 4 tonight in their Western Conference semifinal, hoping to give itself a chance to join a select group.

The Toronto Maple Leafs, in the 1942 final against Detroit, and the New York Islanders, in the 1975 quarter-final against Pittsburgh, are the only teams in NHL history to win a series after trailing 0-3.

"That's how hard it is to do," Red Wings coach Mike Babcock said.

"And yet, I figure every 33 years or so you've got to be due. It must be our turn."

The Sharks look like they're finally taking their turn in the playoffs, moving within a game of making it to the conference finals for first time since 2004 when the franchise made its longest run.

They've won each of the first three games of the series by a score of 4-3, including Tuesday's overtime victory after trailing by two goals with 13 minutes left in regulation.

Their winning streak stands at six games.

THE ASSOCIATED PRESS

NBA Making a point

CHRISTIAN PETERSEN/GETTY IMAGES

Steve Nash of the Phoenix Suns moves the ball upcourt guarded by George Hill of the San Antonio Spurs. Nash and his teammates wore 'Los Suns' jerseys on Cinco de Mayo in response to an anti-immigration law recently passed in Arizona.

Jays complete sweep of Indians

BASEBALL Adam Lind hit a two-run homer with two outs in the ninth inning to send the Toronto Blue Jays to a three-game sweep of the Cleveland Indians with a 5-4 win yesterday.

Lind homered after Cleveland shortstop Luis Valbuena's error on a grounder that could have ended the game.

Toronto's Fred Lewis doubled with two outs in the ninth for his third hit of the game. Aaron Hill followed with a slow roller that Valbuena botched for his first of two errors in the inning. Valbuena, usually the second baseman, has played shortstop the last two days while Asdrubal Cabrera nurses a strained left quadriceps.

THE ASSOCIATED PRESS

Sports in brief

SOCCER Tottenham qualified for the Champions League for the first time yesterday, beating Manchester City 1-0 after Peter Crouch's late headed goal sealed a top-four spot in the Premier League. The victory ensured Spurs will finish in the top four at the expense of big-spending City.

NFL The New Orleans Saints and all-pro guard Jahri Evans have reached an agreement on a seven-year contract worth nearly $57 million US. A person familiar with the contract told The Associated Press the deal was for $56.7 million. The person spoke on the condition of anonymity because the financial terms were not disclosed by the club.

NBA The estranged wife of Dwyane Wade has filed suit against his actress girlfriend Gabrielle Union, saying their relationship has caused the star Miami Heat guard's two sons emotional distress. Dwyane Wade called the lawsuit "baseless and meritless," and Union issued a statement insisting the allegations are false.

NBA Kobe Bryant is on the NBA all-defensive first team for the fifth straight year. Boston Celtics guard Rajon Rondo made the first team for the first time, earning the second-most points behind the league's defensive player of the year, Orlando Magic centre Dwight Howard. THE ASSOCIATED PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS

Boston 4 Philadelphia 1 (Bruins lead series 3-0)
Chicago at Vancouver

TODAY'S GAMES

Pittsburgh at Montreal, 7 p.m. (Penguins lead series 2-1)
San Jose at Detroit, 7:30 p.m. (Sharks lead series 3-0)

NBA PLAYOFFS

YESTERDAY'S RESULTS

San Antonio at Phoenix

TODAY'S GAME

Atlanta at Orlando, 8 p.m.

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 5 Cleveland 4
Boston 3 L.A. Angels 1
Chicago White Sox 9 Kansas City 2
Minnesota 5 Detroit 4
N.Y. Yankees 7 Baltimore 5
Oakland 4 Texas 1
Tampa Bay at Seattle

YESTERDAY'S NL RESULTS

Atlanta 7 Washington 6 (10 ings)
Cincinnati 5 N.Y. Mets 4 (10 ings)
Houston 4 Arizona 2
Philadelphia 4 St. Louis 0
Pittsburgh 4 Chicago Cubs 2
San Francisco 3 Florida 2
Colorado at San Diego
Milwaukee at L.A. Dodgers

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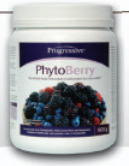

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QuickMass (10 lb)
HOT BUY $59.99

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6 lb - $67.79
10 lb - $104.79

Pro Performance Mass XXX
HOT BUY
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15.9 lb - $87.79

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Mother's Day GIFT GUIDE

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Make it extra special

#1

#2

#3

#4

#5

#6

#7

#8

#9

#1 For a good cuppa

Visit: chapters.indigo.ca
Bon Matin Tea Collection. Glazed porcelain, 24K gold accents, $49.99.

#2 The gift of Hollywood

Visit: scene.ca
Buy her favourite movie or use 1,000 Scene points and treat her to a film.

#3 Frugal fashionista

Visit: oldnavy.com
This metallic Bauble Sandal is available at Old Navy for $26.50.

#4 Wrap her in style

Visit: oldnavy.com
Butterflies lend a touch of spring to this colourful scarf, $14.50

#5 Time to spoil mom

Visit: lush.com
The Mum Hatbox is full of seven indulgent bath and body treats, $49.95.

#6 Bright and cheery

Visit: oldnavy.com
This colourful Broomstick Dress is available for $34.50 at Old Navy.

#7 Tender tootsies

Visit:dearfoams.com
Mom will appreciate slipping off her heels and into these slippers, $18.

#8 Sweet scent

Visit: thebay.com
This Laura Ashley ginger and lime candle is made with essential oils, $14.99.

#9 Silver and shine

Available: at Swarovski stores
Put a little sparkle in her bag with this Swarovski key chain, $110.

#10 Jungle boogie

Visit: melanielyne.com
Zebra tote with gold tassel detail at all Melanie Lyne stores, $50.

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Tickle mom's tech savvy bone

#1

#2

#3

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#5

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#8

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HP Mini 1000 Vivienne Tam, $599 at Best Buy and Rogers Rocket mobile hotspot, $49.99

#2 Help her save time
Visit: timex.ca
The Timex elegant square watch offers a hit of drama and luxury, $145.

#3 Phone home
Visit: rogers.com
The XPERIA X10 in sensuous black, $149.99 on 3-year plan at Rogers.

#4 Sound decor
Visit: genevalab.com
GenevaSound S, $349, available online or at Apple stores.

#5 Print pics on the run
Visit: epson.ca
Epson PictureMate Charm is a portable printer for moms on the run, $175.99.

#6 For shutterbugs
Visit: olympuscanada.com
FE-4020 compact camera, $159. Available in brown, pearl white and pink.

#7 Doing it all
Visit: rogers.com
All-in-one Nokia N86 8MP combines phone, camera, MP3 player and browser, $99 on a 3-year contract.

#8 Rise and shine
Visit: thesource.ca
Sony ICFCD3IPS CD clock radio with iPod dock, $129.99.

3 gift suggestions with a personal touch for mom

Flowers. Spa days. Lavish dinners. On Mother's Day, there are a variety of ways to recognize the special women who have made a difference in our lives. In fact, a recent study conducted by Yahoo indicated that over 85 per cent of consumers celebrate the second Sunday in May, spending billions of dollars on gifts.

Times are changing, however, and many experts are noticing an increased trend towards Mother's Day gifts with a more personal touch. According to Shelli Gardner, CEO and co-founder of crafting company Stampin' Up!, a growing number of Canadians are choosing handmade or personalized Mother's Day gifts that were created especially for the receiver.

Gardner suggests the following Mother's Day gift ideas for creative types:

- Handmade cards: Creating a unique do-it-yourself Mother's Day card can be as simple as gathering coloured paper, punches and rubber stamps, or investing in a ready-made cardmaking kit that includes all required supplies. Include favourite photos, phrases, and colours, and don't be afraid to get decorative.
- Personalized jewellery: Invest in a kit like Stampin' Up!'s Simply Adorned collection, which includes chains, bracelets and locket-style charms (stampinup.ca). For example, consider adding an antique-style charm with a favourite childhood photo to a necklace chain.
- Mother's Day scrapbook: The entire family can get together to pool favourite photos, vacation mementos and other special souvenirs to create a special Mother's Day scrapbook. NEWS CANADA

240 SPARKS
The merchants in the NEW 240 want to make Mother's Day extra special!

The transformation of the NEW 240 on the corner of Bank & Queen continues, with the exciting re-opening of the Kent Street entrance, just in time for Mother's Day!
WWW.240SPARKS.COM

7:08 p.m.: your dream girl says yes!

TD Canada Trust

Plan a High Tea for mom

Harney and Son's Linen Tea Chest, $29.99 collections include Herbal (linen) and Classic (lavender). Available at Indigo. METRO NEWS SERVICES

Gifts for the fashionista

#1 The complete package

Visit: melanielyne.com

Coffee sleeveless blouse, $125.00. Matching coffee silk pants, $165.00.

#2 Elegant luxury

Visit: clubmonaco.com

Keep mom cosy in a soft purple cashmere wrap, $199.

#3 For the golf lover

Visit: columbia.com

Stay fashionable on the green with the Curb Check half zip top, $64.99.

#4 A sweet treat

eatmywords.org

Hand crafted mini Chocolate Choo shoe, $6. Profits go to Stephen Lewis Foundation.

#5 Pack it all in

manumanu.com

A sturdy tote, well-suited for heavy loads. Handles fashioned from leather with durable hardware, $450.

#6 Keeping Swatch

Visit: swatch.com

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7:09 p.m.: now you need the dream home.

The gift mom needs most: Time

KATHY BUCKWORTH
for Metro Canada

Time management gets a lot of focus in the work world, but it's at home where most moms feel the time pinch.

Luckily, the basic strategies for being organized and efficient that are effective in the workplace can be translated to the home front.

Making lists, scheduling "to do's," setting goals, and most importantly, delegation can help to make a smart use of time … and even find some free time.

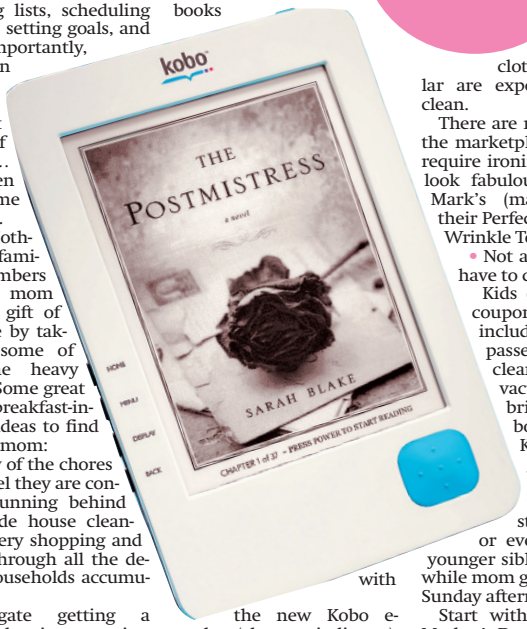
This Mother's Day, family members can help mom find the gift of free time by taking on some of her time heavy chores. Some great beyond breakfast-in-bed gift ideas to find time, for mom:

• Many of the chores moms feel they are constantly running behind on include house cleaning, grocery shopping and sorting through all the detritus households accumulate.

Investigate getting a house cleaning service, signing up for online grocery shopping, or hiring a professional organizer to get that closet or home office in ship shape.

• Save mom a trip to the bookstore, but let her read all the latest books with the new Kobo e-reader (chapters.indigo.ca).

Mother's Day is Sunday May 9



Mom can download books to read while waiting at the doctor's office, the ballet lesson, the hockey arena, or even have a "bookfest" in bed.

• No one likes, or has the time, to iron and women's clothes in particular are expensive to dry clean.

There are now fabrics on the marketplace that don't require ironing, but always look fabulous. Check out Mark's (marks.com) for their Perfectly Pressed No Wrinkle Tops.

• Not all gifts of time have to cost money.

Kids can prepare a coupon book, which includes redeemable passes for laundry, clearing the table, vacuuming, bringing mom a book or her Kobo and a glass of wine, walking to the grocery store for milk, or even babysitting younger siblings (for free!) while mom gets to nap on a Sunday afternoon.

Start with this Sunday, Mother's Day. It's time.

3 long distance gift ideas

She's your number one cheerleader for life, though you don't know why, since you don't always give her a spot on your priority list.

This Mother's Day, show your mother how much her support has meant to you — even if you can't physically be there with her. Here are three gift suggestions:

Send flowers

Find out what your mom's favourite flowers are and send her a bouquet. Be sure to follow-up with a phone call to your mom so she knows how much you care.

Donate in your mom's name

Your mother is one of the most generous people you know and is passionate about helping others. Show that you have learned from her generosity by giving a gift in her name to an international children's charity like Christian Children's Fund of Canada, ccfcanada.ca. You will have the option of either sending an e-card or mailing a card to your mother.

Gift baskets

A variety of gift basket delivery options are available through the Internet. If your mom is on a health kick, send her a fruit basket. If she loves coffee, send her a basket of gourmet coffee beans and a fancy tumbler. If she is a multi-tasking businesswoman, get her an at-home spa basket with slippers and relaxing bath oils.

NEWSCANADA.COM

3 gifts with sparkle

1 Mensa Metal Band ring, $35 at Banana Republic stores across Canada.

2 Filigree Heart pendant in sterling silver, $240 at Tiffany & Co.

3 Crystal studded wristlet, $525 at Swarovski Gallery stores.

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Beauty gifts for mom

From the sweetly thoughtful to simply sublime

JANINE FALCON
for Metro Canada

Notes of Appreciation

Guerlain Aqua Allegoria Flora Nymphea, lush with lilac, orange and honey, $58 at department stores; **Lise Watier Summer Neiges**, sweet with dewy lotus flower and jasmine, $45 via lisewatier.com; **Marc Jacobs Splash** in Apple, (shown) Biscotti or Pomegranate, inspired by patisserie-shop delights, $80 each at Holt Renfrew and Sephora.

Skin Savers

Upper Canada Fruit Frappé Dry Oil in Pear with Mangosteen (shown), fruity-fragrant and made without mineral oil; $13 via uppercanadasoap.com.

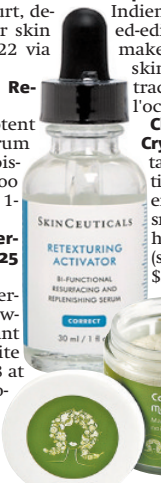
Steam Cream, collectible tins of a soft, steamed blend of mostly natural ingredients including almond and jojoba oils (shown); $19 at Murale.

Happy Face

The Soap Girl natural face masque powder with lactic acid — mix with water, milk or yogurt, depending on your skin type (shown); $22 via thesoapgirl.ca.

Skinceuticals Retexturing Activator, a potent smoothing serum that boosts moisture levels, too (shown); $80 via 1-877-238-8754.

Origins A Perfect World SPF 25 Age-Defense moisturizer supercharged with powerfully antioxidant Silver Tip White Tea (shown); $48 at select The Bay locations and via origins.com.



Eye Lights

Chantecaille Les Dauphins limited-edition palette of eyeshadows (and a blush), which earmarks five per cent of sales for dolphin protection (shown); $95 at Holt Renfrew.

Cheek Thrills

Mary Kay Cheek Glaze in Pomegranate, a beauty hit with omega-rich soybean and watermelon seed oils, for a perfect, natural glow on all skintones (shown); $20 via marykay.ca.

Giorgio Armani Blushing Fabric Second Skin Blush, sheer tints with a velvet finish; $45, at Holt Renfrew

Lip Treats

LUSH Sugar Lip Scrub in Bubblegum, Mint Julips (choco-peppermint) and Sweet Lips (choco-vanilla), made with castor sugar and organic jojoba oil (shown); $8.95 each via lush.ca.

L'Occitane Peony Liquid Lip Shine in Eté Indien, part of a limited-edition, paraben-free makeup range with skin-softening peony extract; lip shine $20 via l'occitane.ca.

Clarins Instant Smooth Crystal Lip Balm in Crystal Red, wax-free conditioning in a transparent, just-been-smooched hue (shown); $27, at Shoppers Drug Mart Beauty Boutiques and department stores.

Tress Management

Ojon Revitalizing 2-Min Hair Mask, speedy, in-shower deep conditioning for busy moms (shown); $38 at Murale and ojon.com.

Kerastase Chronologiste, a super-luxe best-of-the-best treatment that delivers seriously superior soft, glossy locks; $75 per in-salon session, $150 per 10-treatment home kit (shown), 1-866-kerastase.

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Metro Homes

Steel and mags

The modern Axis Brushed Stainless Steel Magazine Rack will jazz up any living room, bedroom or bathroom. Urban Barn, $50, urbanbarn.ca.
JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Matte metal of these Zinc Letters spells understated elegance. Available in letters A-Z. Anthropologie, $22, anthropologie.com.

Homes in **Style**

When in doubt **go stainless**

JENNIFER BILL
for Metro Canada

Stainless steel has long been one of the most popular themes in which to decorate a kitchen. It's modern, relatively easy to maintain, sanitary and flexible.

"It's part of a general trend with decor with a slightly more institutional and industrial look," says Margot Austin, senior design editor at Style at Home magazine. "Stainless steel adds some sheen and texture and certainly some light reflection as well."

She says bathrooms of late have also been embracing stainless steel with bathtubs and the odd toilet.

"It's funny because people think of it as a cold metal but it's very smooth. It looks different than it performs — it gives a cold industrial look but feels satiny to the touch."

Austin says stainless steel jumped in popularity when the trend of restaurant-style kitchens took off a few years ago with reality TV shows on The Food Network and chefs becoming celebrities.

"It created a fantasy world of what the ultimate kitchen is, like that of the top restaurants," she said.

Check out this line of kitchenware from Urban Barn: The Axis Whisk & Ceramic Stand Set, left, in stainless steel and also ceramic, is for cooking, baking and everyday making, $17. Sleek and futuristic, the Flying Saucer Salt & Pepper Set, above, will make any table spin, $20. Lightweight and stylish, the Axis Stainless Steel Pitcher, right, is an original piece for your home for everyday use and to wow your guests, $40. Urbanbarn.ca.

Understated and elegant, the Fluted Pendant Lamp has a frilled shade of antique silver that provides a soft counterpoint to the lamp's clean, modern functionality. Anthropologie, $288, anthropologie.com.

Above: This ornate metal Foundry Soap Dish props up slick, bubbly bars. Anthropologie, $24, anthropologie.com. Save space in stainless steel style with the Space Saver and Pole Caddy. Wal-Mart, $29.97, walmart.ca.

Left: Say ah! This sleek metal swivel Vintage-Inspired Dentist Lamp casts a soft glow atop comfy couches and reclining chairs alike. Also comes in iron, aluminum, glass. Anthropologie, $4,341, anthropologie.com.
Right: The Roving Rays classic desk lamp has a gleaming silvery shade and an arm that flexes and bends to illuminate your pages. Anthropologie, $598, anthropologie.com.

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When it comes to painting with white:
"You want it to be livable, not like Liquid Paper. If there's too much blue in it, it's just going to be blinding." –Betsy Burnham THE CANADIAN PRESS

Go bright with white this spring

When interior designer Betsy Burnham redecorated her office recently, she made a decision that surprised her staff: She focused on the colour white. White walls, white ceilings, white furniture, even white chandeliers.

"I'm a huge colour fanatic," she says, "but I just think white makes colour pop so beautifully."

Her favourite colourful accessories "never looked as good" as they do now against a white backdrop. "White is crisp, it's young and it's really flexible."

Decorating with white can be intimidating. But, says designer Brian Patrick Flynn of decordemon.com, "used correctly, white lets other things truly work as the breakout stars."

Yes, there are potential pitfalls in working with white (you're probably envisioning red wine spilled on a white sofa). But it can — honestly — be a versatile and practical option.

FILE PHOTO/THE ASSOCIATED PRESS/RIZZOLI USA, BEALL + THOMAS PHOTOGRAPHY

Designer Suzanne Kasler brings the outdoors in through industrial-sash doors. The room serves as a retreat for the owners to work and as a great entertaining space, it also features a lot of white.

WHY WHITE WORKS

"White is a trick designers use to modernize things," says Flynn. Traditional pieces of furniture and scuffed wooden floors are revitalized by white paint. Their imperfections are transformed into appealing texture.

Designer Taniya Nayak, host of HGTV's Destination Design and HGTV.com's $100 Half Day Design series, loves spray-painting old picture frames and mirrors a glossy white.

"It instantly gives them a fresh, mod look," she says.

The backdrop of a white floor and walls makes familiar furniture, window treatments and accessories stand out in a new way.

HOW TO APPROACH IT

Flynn loves doing white walls and furniture with bold colour on the ceiling, in accessories and in the interiors of bookcases.

Nayak recently created a nautical look for her HGTV series that pairs white furniture, ceilings and columns with dramatic navy-blue walls and splashes of yellow.

FILE PHOTO/THE ASSOCIATED PRESS/BURNHAM DESIGNS, GREY CRAWFORD

This photo, released by Burnham Design, shows a bedroom in white.

If you prefer something preppier, she says, try white and navy with a bit of bright green. (Other colour combos she likes: Rooms done entirely in black and white, or white with grey and chartreuse accents.)

If you have a room with large windows, you'll make the view more of a focal point by doing a very white room. "The view becomes your art," says Nayak.

TREADING CAREFULLY

Choose your shades of white carefully.

"You want it to be livable, not like Liquid Paper," Burnham says. "If there's too much blue in it, it's just going to be blinding."

Some whites are warm, with a slightly yellow undertone, while others have a cool tinge. There are also greenish whites, purplish whites and many other varieties. THE ASSOCIATED PRESS

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Karl's Tip for unused fireplaces:
Adding small bud vases amongst the logs and add fresh greenery or flowers to the fireplace during the summer months. KARL LOHNES/FOR METRO CANADA

Summer decor with India Hicks

DecorMoment

We kick-off our Summer Decorating series with an interview of a woman who knows much about warm weather decor and style.

India Hicks is the daughter of famed interior designer David Hicks, second cousin to Prince Charles, '80s fashion model for Ralph Lauren, host of Bravo TV's Top Design, a hotel owner and fragrance creator of Crabtree & Eveyln's Island Night & Island Living. British-born, she lives in the Caribbean full-time and has designed three guest homes plus a hotel with timeless look that depicts summertime living. India Hicks was visiting Canada last week and I had a chance to talk with her:

Q What are the key decorating elements for creating a summer-style house that can last throughout the entire year?

A Always try to bring elements of the outdoors to the inside of the house. Palm trees are key motifs for creating a summery Caribbean feel and are more dramatic than say, lots of brightly coloured flowers. Dark mahogany wood floors and a light cream/white colour scheme help add to the look.

Karl's tip: Don't mix too many different wood tones in one room; if choosing mahogany floors then also choose mahogany wood-toned furniture. Keep window treatments light and breezy; white linen draperies hung from dark wood curtain rods will help create a perfect summer look.

Q What is your favorite neutral paint colour?

A My colour choices are always changing. Right now, I am surrounding myself with grey tones. I painted the floor of my porch grey and everyone thought I was crazy; it is very soothing and of the moment. Benjamin Moore's Eternity (AF-695) is the perfect grey paint colour at this moment.

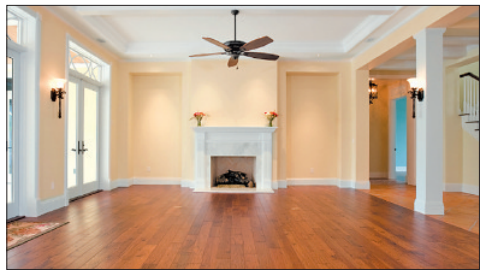
Karl's tip: Don't be afraid to paint just one room in your house all white (or a light neutral like grey). It can act as a cool getaway room from all the other rich colours throughout the rest of the house.

Q What is one must-have accessory we can add to our homes to create a summer look?

A A Crabtree & Evelyn's Island Living candle (she says with a proud smile). Its wrapped in a rattan storage box that can be used long after the candle has burnt away. I use the rattan boxes to keep pencils and brushes in my home office. You just don't just get a beautiful accessory, you also get a fragrance for the home.

Karl's tip: Make sure to choose the right type of scents throughout your home; cardamon, vanilla and orange work great in a bedroom; fresh citrus scents in a kitchen; floral scents in a living room or foyer and herbal scents in a dining area.

Next week: The second in our three-part Summer Decorating series with India Hicks


ANNABELLE PHILLIPS PHOTO

During the warm summer months, what do you do with your empty and unused fireplace? According to style icon India Hicks (Twitter: IndiaHicksStyle), display some beautiful wood logs.

Q What would be an easy way to dress the inside of an unused fireplace during the summer months?

A Gather some beautiful wood logs to display. I have six perfect logs that are displayed in the fireplace during the hot weather. They get put away when the fireplace becomes operable throughout the winter months.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style.

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Expanding living space is easier than you think

Do you struggle to fit everything, not to mention everyone, into your home? Meeting your family's growing needs can be a challenge, especially with several generations — and lifestyles — under one roof. But there is good news. Consider a renovation project this spring. Think how you can increase your living and storage space, while making your home more comfortable and saving money.

Taking a thorough look at different parts of your house will help you identify areas that are underutilized. Re-organize them into functional and comfortable living spaces. For example, consider adding a sunroom or an extra den for your teenage daughter or son. Or, how about a family room, a game room, an additional quiet bedroom or even a workshop? Thinking creatively about your home, you can add comfort and save money, while meeting the interests and needs of every member of your family.

"Maximizing the productively used space in your home, you not only improve your comfort and quality of life, but you also increase the overall value of your house," says David Flood, insulation expert at Owens Corning.

To begin, always make sure the areas you are planning to renovate have adequate insulation. From the attic to the basement to the game room to a sunroom addition, there's an energy-saving PINK insulation product for every renovation project in your house.

Owens Corning recommends installing INSULPINK insulation batts for your basement walls, while QuietZone acoustic batts can help minimize noise.

In addition, adequate insulation is a great way to ensure you are maximizing the energy efficiency in your home, and can help you save on energy bills. And, last but not least, with PINK insulation products, made from recycled content, you will help turn waste into useable products.

"Maximizing the productively used space in your home, you not only improve your comfort and quality of life, but you also increase the overall value of your house."
David Flood

For more savings, there are federal, provincial and some municipal governments that offer funding for homeowners who complete energy efficient renovations. Some energy utilities offer additional funding.

With all these reasons to expand your living space, stop waiting and start insulating. More information on grants and incentives can be found online at showmethegreen.ca.

More information on how to insulate is available at owenscorning.ca.

NEWS CANANA

NEWS CANADA PHOTO

Do you have a big family and are forced to house many different personalities under one roof? If so, perhaps it's time to expand your living space with a home renovation.

HST concerns?

LegalMatters

Q I am considering purchasing a home and have heard entirely contradictory information with respect to the new Harmonized Sales Tax (HST) that is being brought into place on July 1, 2010. Will I have to pay HST if I close after July 1, 2010?

A The first step is to determine what type of home you are buying. If you are purchasing a resale home that has not been substantially renovated then HST does not apply to the purchase price (nor does GST). This is probably the most misunderstood portion of HST. If you are selling an existing home then you would be subject to HST on the commission paid to your realtor.

The real tax hit is if you purchase a new home/condo, or a substantially renovated home and it closes after July 1, 2010. The basic premise is that you pay an additional eight per cent on the purchase price, which results in $8,000.00 per $100,000.00 of purchase value. Even then, if you are purchasing for under $400,000.00 then you will qualify to an enhanced rebate that will result in only a two-per-cent charge on your purchase price. However, if the purchase price is over $400,000.00 then the amount of the purchase price over and above this amount is taxable at the full eight per cent of the HST and five-per-cent GST.

Jeffrey Cowan is the principal with Cowan Taylor and McGee, Barristers & Solicitors. The information in this article should not be relied upon as legal advice.

Are you ready for an awning?

HomeScape

Do you remember those painted aluminum awnings that often graced suburban windows a few decades back?

Well, awnings are back big-time. They've been updated too, and many have a sleek "euro" look that I just love. Imagine a striped Paris café awning, or a large red awning gracefully shading the beer garden of a flower-bedecked Swiss Inn, and you get the idea.

Doesn't it make you want to do this at your home? The good news is that you can, even if you are in Mississauga or Surrey or Peggy's Cove.

HARMONY AWNING AND SHUTTERS PHOTO

If you're thinking of adding onto your home or condo, an easy first step is adding an awning. It will save your furniture and your money. Left: This European-style retractable awning is for a patio. Prices start at about $1800 including installation. Right: This side-arm awning is suitable to shade a window or balcony. Prices start at $500 installed. See harmonyas.com for retailers across Canada.

An awning is a structure that has traditionally been used to shade a window. It is attached to the outside of a window. It is usually made of waterproof woven material or canvas stretched over an aluminum frame.

These days, awnings can work for a number of different settings, not just for windows. You can shade a terrace, deck or patio with a large retractable awning or provide shade on a balcony or on a large vertical condo window. Ditto for a pool or Jacuzzi. You can shade a glass-topped conservatory or even set up a free-standing shade awning in your yard.

Besides shade and cooling, benefits include energy savings in indoor spaces that are shaded, and protection from sunburn, rain showers and a chilly breeze. Keeping the sun out of your home also means a longer life for upholstered and wood furniture, which will fade out under sunlight over time. Keep in mind that an awning naturally takes advantage of the fact that it is much more efficient to cool a house by shading a window on the outside, before heat even enters the house. And finally, awnings are flexible, allowing you to attach a side flap or even install screens to keep bugs out, if desired.

And does it look sharp, or what? These awnings are a stylish and attractive addition to any home, and can add good looks to traditional spaces as well as contemporary digs. Stripes look wonderfully crisp and nautical, and red, orange or yellow canopies produce a skin-flattering warm tone.

Awnings come in several different types. You can stretch out an awning on a retractable lateral arm, going out as far as 18 feet, and as long as 30 feet. These are meant for patios or decks. A side or drop-arm awning with a roller on top and spring-loaded side arms is meant for balconies or windows.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Wall mounts deliver best HDTV

RENOVATION High-definition flat-screen TVs pack a mean punch with incredible colour and unbeatable clarity. Not to mention, these flat screens look stunning sitting on a console or mounted on the wall. Television manufacturers have figured out how to cram all of the necessary technology into a teeny tiny frame — in fact, some newer flat-screen HDTVs are less than an inch thick.

But many consumers are discovering the ugly truth when watching their flat-screen HDTVs from an angle: A degraded picture quality. Industry experts are now trying to educate people on the importance of "on-axis viewing". When watching TV straight on, you're experiencing on-axis viewing, or in other words, you're watching from the "sweet spot," where the picture is pristine and perfect. Move either to the left or right of the TV and the contrast ratio starts to shift, making colors appear dull. This is especially true of LCD TVs. Colour degradation is usually much less noticeable in plasma televisions.

NEWS CANADA PHOTO

Installing a wall mount for your TV can improve picture quality.

Sanus Systems, makers of flat-screen TV wall mounts, suggest hanging your television on the wall with a full-motion wall mount. Wall mounting a TV allows you to adjust the viewing angle so the flat screen always faces you wherever you choose to sit. There are many full-motion mount options that allow you to extend, retract, tilt and swivel the TV exactly where you want it. Motorized wall mounts operate with a remote control for a fully automated solution so you never have to leave your seat.

And here's another advantage to wall mounting your TV: Safety. Mounts securely place the television up on the wall and out of the way where it can't be accidentally bumped or tipped off. **NEWS CANADA**

Manuel's runway outfits for sale

American's Next Top Model judge Jay Manuel will auction off part of his private colleciton of the designer looks on eBay through a partnershp with Auction Cause. The auction begins next Thursday and runs until May 23. METRO NEWS SERVICES

Style

Freestyle fashion

From the heiresses in the 1890s to the screen sirens of the 1940s — and, really, into the 21st century — it was American style icons who helped move fashion forward with new standards of beauty, sexuality, power and art, even if many of the best couturiers lived and worked across the Atlantic. The Metropolitan Museum's Costume Institute celebrates this influence in its new exhibit American Woman: Fashioning a National Identity. Pictured left: Evening gowns part of the Screen Siren collection. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

All stacked up

The low-down on how to layer jewelry

HEATHER BUCHAN
for Metro Canada

When it comes to the latest jewelry trend — layering and stacking — there's a fine line between looking fashionable and looking, well, junky. Here's the low-down on how to layer your jewelry like a pro.

According to Banana Republic spokesperson and trend expert Tara Wickwire, the key to pulling off the layered look is to focus on one area. "Either focus on your wrists, your neck, or your hands," she advises. "Don't do it all at once."

Another important rule is to keep your metals in the same metal family, so mix silvers and pewters or mix golds, but avoid mixing the two.

And, finally, if you're sensing that you're overdoing it, Wickwire says to start over from scratch. If you're not comfortable with what you're wearing, other people will notice and that's never a good look.

Multi-strand necklace, $95, Banana Republic

NECKLACES

When it comes to necklaces, Wickwire recommends experimenting with different lengths and sizes. "When you mix lengths, it looks layered but big pieces aren't competing with each other," she says.

Start with a statement piece such as a thick graphic necklace with big stones or baubles, then add complementary pieces such as a few simple gold or silver chains in varying lengths. "You can almost make them all looks like one piece when you put a few together," adds Wickwire.

Paloma's Sugar Stacks ring (ranging from $1,500 to $2,250 each), Tiffany & Co

RINGS

"There's a number of finer small bands, bands with small stones in them, and those are definitely the ones you can have fun layering," explains Wickwire. However, keep this rule in mind: stick to layering rings on one finger.

Fabric wrapped bracelets by Expression, $30 each, The Bay

Wearing multiple rings on multiple fingers definitely starts looking overdone and verging on cluttered.

Experiment with different coloured stones and varying bandwidths for added interest.

BRACELETS, CUFFS AND WATCHES

With bracelets, think about really adding variety to the mix. "Try mixing bangles with a chain bracelet, a small cuff and a leather piece or two," says Wickwire. "And have some fun layering your bracelets with your watch."

With larger cuffs, Wickwire believes it's best to keep it simple and not layer them with other bracelets. "It can otherwise become a bit distracting," she says. But, you could take a queue from the late fashion icon Diana Vreeland and wear chunky matching cuffs on each wrist.

Add a punch of colour to your jewelry layering with the new Swatch Color Code watch collection. The watches are $55 each at Swatch Boutiques and retailers across Canada.

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Playboy-inspired lingerie

This year marks the 50th anniversary of the Playboy Clubs and Playboy Bunnies. To celebrate the occasion, a limited-edition Bunny Inspired Lingerie Set that includes a corset, bow tie collar, cuffs, ears and tail is being sold at playboyclubstore.com. METRO NEWS SERVICE

Something to chew on

Teething babies can nibble on stylish kid-friendly jewelry

A donut-shaped pendant hung on a nylon necklace by Smart Mom.

Every mother knows that teething children will stick just about anything in their mouths, so it's only fitting that moms came up with a stylish solution — for themselves and their tykes.

More and more mom-owned companies are creating child-friendly jewelry that babies can suck or teeth on safely.

"It's pretty cool," said Chandra Turner, executive editor of Parents magazine. "It's getting a lot of buzz on the mommy blogs. My son actually pulled my entire necklace off and all the little beads scurried along the floor. This is a nice alternative."

Amy Maurer of Silver Spring, Md., partnered with fellow mom Kendra LaDuca and created Smart Mom in 2002. It took them four years of product testing and development before they put their silicone pieces on the market.

"We did everything ourselves. We were two stay-at-moms looking for an idea," Maurer said. "We really wanted it to look like real gemstone. We didn't want it to look like you were wearing a teething ring around your neck."

The company has three key designs: a bracelet, a donut-shaped pendant hung on a nylon necklace and a heart-shaped key chain. They come in colours ranging from amethyst to candy apple red and range from about $12 to $20 each.

"It's been really fun because we realized we could do almost anything in this material," Maurer said. "We just figured out we could put scents in there, berry, pineapple and mango."

Retailers

Retailers that carry "chewable" jewelry for moms:
- Sonny and Reed: sonnyandreed.com/catalogue
- Dr. Bloom's Chewable Jewelry: docbloom.com
- Smart Mom Jewelry: smartmomjewelry.com/
- Oh Plah!: ohplah.com

Carly, a nine-month-old chews on an Oh Plah! cuff bracelet.

Becky Durham, co-owner of the jewelry company Sonny and Reed, said the beads on her company's chewable jewelry is decorative made with extra nubs for teething. They're enlarged to make sure they're not a choking hazard.

The necklaces are made of both FDA-approved acrylic and colours. They come in black, blue and clear, slip on and include 15 beads. They cost US$29.50. "We are just hoping to continue and add new styles and different ideas," Durham said.

Caryn Paradis, from Deep River, Conn., a mother of two young children, had already created a baby carrier and had a company called Roundhouse Design Collaborative when she and business partner Jen Pitman were in a library with their babies during flu season. They didn't have anything for them to teeth on and play with.

The two thought "wouldn't it be nice if we had something we could wear and just give them," Paradis said.

Their brand, Oh Plah!, was launched with a cuff bracelet made of medical grade, antimicrobial thermal plastic. It comes in six colours, from deep purple to green, and is priced at US$19.99.

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Dempsey signs on for Tranformers
Patrick Dempsey is handing in his scalpel for some heavier machinery. The Grey's Anatomy star, 44, told Brazilian reporters he has joined the cast of Transformers 3, according to website BOL Noticias. TVGUIDE.COM

Entertainment

Cause of death
Corey Haim died of pneumonia, not drug abuse, according to an autopsy report released by the Los Angeles Coroner's office.
METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Broken Record a work of art

Broken Social Scene's new album, Forgiveness Rock Record, deserves the sort of study that university courses are built around.

Broken Social Scene

Album: Forgiveness Rock Record
Label: Arts & Crafts
Rating: ●●●●½

CANADA'S INDIE BRAIN trust returns with its everything-plus-the-kitchen-sink approach to alternative rock. Last time 'round (it was 2005), the extended musical family brought together by Broken Social Scene chief instigators Kevin Drew and Brendan Canning often sounded like siblings bickering across the Thanksgiving dinner table. At times, it was little more than frayed cacophony. All is forgiven, however, at Forgiveness Rock. The indulgent excesses remain — why use nine musicians when there's 22 available, or one synthesizer when there's four in the studio, or just Feist when you can have Emily Haines and Amy Millan, too? Nonetheless, the 14 tracks here are carefully sculpted aural pleasures. Collectively, they're as close to a Can-rock masterpiece as you can get. This is a record that deserves study, the sort that university courses are built around. Then maybe we can get answers to questions like ... what's that car alarm doing in the background of World Sick?

Graham Rockingham/for Metro Canada

The New Pornographers

Album: Together
Label: Last Gang
Rating: ●●●●

INDIE KIDS WOKE up this week to find themselves smiled on by the rock gods. New releases from both Broken Social Scene and The New Pornographers in the same week? While BSS is a contender for "masterpiece" distinction, the NPs fall just short. The power chords and bits of Beatlesque psychedelia are in all the right places while Neko Case sings with girlish charm and A.C. Newman injects his twisted sense of mirth throughout. And perhaps this is the problem. There's just a few too many nods and winks going on here, almost as if they're afraid of taking themselves too seriously. But maybe that's the whole point? Why else would you write a song called Valkyrie in the Roller Disco?

Graham Rockingham/for Metro Canada

Justin Rutledge

Album: The Early Windows
Label: Six Shooter/Warner
Rating: ●●●½

IF YOU WANT anyone to have a co-write on a record, it's probably Booker Prize winning author Michael Ondaatje. Toronto's Justin Rutledge lucked out when the author approached him to collaborate, but while he provided some lyrical depth, it's Rutledge who makes this record shine. As usual, the singer songwriter's rootsy tunes are filled with passion and precision — opener Jack of Diamonds is a warm country track, while he turns up the heat a bit on the driving The Heart of A River.

Bryan Borzykowski/for Metro Canada

The Hold Steady

Album: Heaven is Whenever
Label: Vagrant/Universal
Rating: ●●●●

THE HOLD STEADY have been making bar band-approved rock for six years, and while all their discs have received rave reviews, it's this fifth one that's their pièce de résistance. The album isn't much of a departure from the band's Weakerthans-meets-Tragically Hip rock, but the songs are crisper and more laid back. Opener The Sweet Part of the City's epic slide guitars are contrasted by Craig Finn's subdued vocals and the back and forth between passionate instrumentation and relaxed songwriting.

Bryan Borzykowski/for Metro Canada

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Court Yard Hounds

Album: Court Yard Hounds
Label: Columbia/Sony
Rating: ●●●

COURT YARD HOUNDS is the Dixie Chicks, minus bold Bush-hating frontgrrrrrl Natalie Maines who is taking time off to be a mom and heal some redneck inflicted wounds. Remaining Chicks — sisters Emily Robison and Martie Maguire — are remarkably talented songwriters and musicians. They also harmonize as only sisters can. They've created a quality country album that leans both to the traditional and the contemporary (as all good Dixie Chicks CDs do). Yet, it's not quite what we've come to expect from the Chicks. Maines provides an attitudinal punch missing here. Give it a couple of years and she'll be back.

Graham Rockingham/for Metro Canada

Deftones

Album: Diamond Eyes
Label: Reprise/Warner
Rating: ●●●

THE LAST FOUR years haven't been kind to the Deftones. The alt-metal act's bassist was severely injured in a car accident and their future was in doubt. They had to scrap a nearly completed record, but they didn't throw in the towel, recording a new batch of tunes with Quicksand's Sergio Vega. The disc is loaded with the band's familiar crunchy riffs and wails. But it's also a dreamy, atmospheric effort that leaves out the expected woe is me lyrics.

Bryan Borzykowski/for Metro Canada

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Avett Brothers' separation anxiety

When Scott Avett sings the last bars of The Avett Brothers' I and Love and You, he puts his fingers over his heart, then gestures out to the audience.

It is a symbol of what he and his brother Seth say the song is about — not a lost love, but the growing distance that success has put between them and their audience. It's a rare occurrence now for them to sit at a bar after a show and chat with fans; after some shows, too many fans show up at the bus for them to even shake all their hands.

The "ands" between the "I love you" "make it where it's not just getting to say 'I love you,'" Seth says. "It's about the separation. And we're experiencing an ongoing kind of separation from a growing fan base."

With the success they've had over the past year, that chasm might grow even wider. Though the North Carolina-based band has been around for years and has released several albums, they had their best commercial success with their eighth CD, I and Love and You, which was produced by Grammy-winning producer Rick Rubin.

The album has sold 181,000 copies in the United States, according to their record label, and garnered plenty of critical acclaim. It was named Paste magazine's best of 2009 and one of the best of the decade.

Their concerts in medium-sized venues sell out across the country, and they started their first major international tour in mid-March, with performances sold out in London, Amsterdam and Dublin. They're now performing mostly at festivals in the United States, Great Britain and Canada through September.

The guys in the band — which includes one non-brother, Bob Crawford — describe themselves as overthinking romantics who don't really excel at vocals or playing their instruments, although they hope to improve at the latter.

"We're experiencing an ongoing kind of separation from a growing fan base."
Scott Avett

Their popularity lies both in their deeply emotional lyrics and their unusual sound. It's a mixture of pop, country and grunge, influenced by the = music that their parents listened to and the music they embraced as youths — Nirvana, Alice in Chains, Hall and Oates.

THE ASSOCIATED PRESS

First Eclipse at L.A. fest

Mark June 24 in your calendars, Twilight fans: That day marks The Twilight Saga: Eclipse's world premiere at the Los Angeles Film Festival, according to The Hollywood Reporter. Of course, it's an invitation-only event. EW.COM

obert Downey Jr. reprises his superhero role in Iron Man 2.

Iron Man missing in action

Iron Man 2
Director: Jon Favreau
Stars: Robert Downey Jr., Scarlett Johansson
Classification: PG
Rating: ⊕⊕½

NED EHRBAR
Metro World News

Iron Man 2 opens not with a bang but with a whimper, as Mickey Rourke's Ivan Vanko — later to become villain Whiplash, weeps over his dying father in a cluttered Moscow apartment.

It's a big risk for an action tentpole, but one a filmmaker like Jon Favreau can make riding a wave of goodwill after the franchise's critically and commercially successful first chapter two years ago. Unfortunately, Favreau and company spend the next two hours squandering all that good will.

Not Rourke, though. As Whiplash, he's fantastic, a mostly silent supergenius with a revenge-obsessed one-track mind.

Midnight screenings

- **Coliseum Ottawa:** No Passes 12:01
- **Cinema Des Galeries D'Aylmer:** 12:01
- **Starcite Hull:** No Passes 12:05
- **Gloucester Silvercity:** No Passes 12:01
- **Kanata 24:** 12:00

The problem is he isn't in the movie nearly enough. And his big showdown the film builds toward comes and goes far too quickly.

The film's primary problem is that it sidelines its main hero and villain, both Stark and Whiplash sequestered in their labs tinkering while supporting characters carry on without them. There's something very unexciting about watching men think real hard.

But among those supporting characters left to move the story without them, there are some enjoyable nods.

Sam Rockwell nearly steals the film from Downey as Stark's jealous competitor, while Scarlett Johansson proves a surprisingly good superhero as Black Widow.

Gwyneth Paltrow, on the other hand, has little to do besides look exasperated at Stark's erratic behaviour, and Don Cheadle looks more than a little embarrassed about taking over for Terrence Howard.

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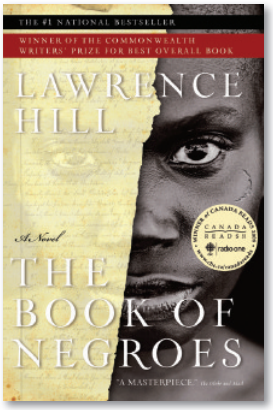

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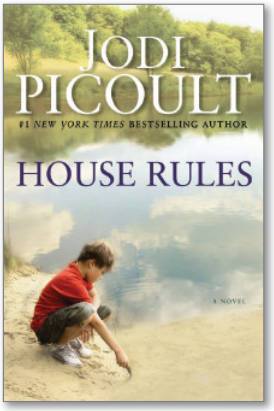

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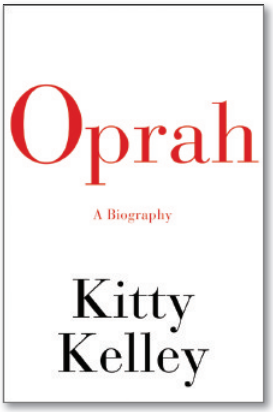

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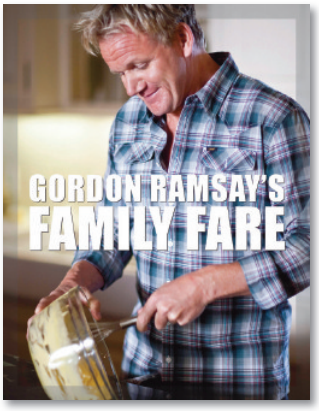

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	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

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Bieber's fans tweet back

Justin Bieber had to calm his leagues of smitten followers yesterday after Kim Kardashian said she received death threats from the 16-year-old's adoring fans.

Bieber and the reality TV starlet had engaged in some lighthearted Twitter flirting after they were photographed together at the White House Correspondents' Dinner in Washington, D.C.

Bieber tweeted a photo of the two together and called Kardashian his girlfriend, and the 29-year-old gamely responded that she had "Bieber fever."

But Kardashian tweeted on Tuesday that she had felt the wrath of Bieber's jealous devotees.

"I'm getting death threats from your fans! This is unBeliebable!!!" she wrote.

The teen heartthrob politely asked his fans to back off yesterday morning.

"Ladies calm down," he wrote. "(Kardashian) is a friend. A very sexy friend but a friend. No need 4 threats. Let's all be friends and hang out often ;)."

It's the second time of late that the mop-topped Stratford, Ont., crooner has had to take to his popular Twitter account — with nearly 2.3 million followers — to confront out-of-control fans.

Last week, Bieber wrote that his mother had been knocked down as a frenzied crowd mobbed the young singer as he arrived at a New Zealand airport.

"Finally got to New Zealand last night," he wrote.

"The airport was crazy. Not happy that someone stole my hat and knocked down my mama. Come on people."

Earlier in the week, police cancelled a Bieber concert in Australia after surging crowds crushed some fans. The most serious injury was a fractured kneecap.

THE CANADIAN PRESS

Justin Bieber (left) and Kim Kardashian (right)

GETTY IMAGES

primetime

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/6/10	265	353	2	TVO	Super Structures		The Agenda With Steve Paikin		Trial and Retribution		Masterworks		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	Survivor: Heroes vs. Villains		The Office (N)	'Til Death	90210 "Meet the Parent"		News Hour
	-	-	5	SRC	Squelettes	Gars, fille	Perdus (HDTV) (SC)		Vampires & cie (SC)		Le Téléjournal Nouvelles. (SC)		TJ Ontario
	209	342	6	CHRO	TMZ (N)	Access H.	FlashForward (HDTV) (N)		Fringe (HDTV PA) (N)		(10:01) Private Practice (N)		Comedy Now
	196	311	7	CTV	The Vampire Diaries (N)		CSI: Crime Scene Investigat'n		Grey's Anatomy (N)		The Mentalist "18-5-4"		CTV News
	208	303	8	CBC	NHL Hockey Pittsburgh Penguins at Montreal Canadiens. (HDTV) (Live)						CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Community (N)	Parks/Recreat	The Office (N)	30 Rock	The Marriage Ref (N)		News
	117	713	10	TVA	Marché	Histoires-filles	*Devine qui* ★★ (2005, Comédie) Bernie Mac, Zoe Saldana.				TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Big Brother QC	Rire et délire	*Volcan à New York* (2006, Action) Costas Mandylor. (SC)				L'Attaque à 5 (N)		Big Brother QC
	137	763	12	TFO	Panorama		La Grande soif	Volt	*Lacombe Lucien* ★★★ (1974, Drame) Pierre Blaise.				Vu du large
	-	362	13	CBS	The Insider (N)	Judge Brown	Survivor: Heroes vs. Villains		CSI: Crime Scene Investigat'n		The Mentalist "18-5-4"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Community (N)	Parks/Recreat	Curb-Enthsm	30 Rock	The Marriage Ref (N)		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Lean on Me* ★★ (1989, Docudrama) Morgan Freeman.				*A Home at the End of the World* ★★ (2004, Drama)				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	FlashForward (HDTV) (N)		Grey's Anatomy (N)		(10:01) Private Practice (N)		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Father Dowling Mysteries		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA) (N)		Fringe (HDTV PA) (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Energy	Manor Born	Time Goes By	Masterpiece Classic "Small Island"			Boldt Castle	Charlie Rose
	205	312	104	CTV	The Vampire Diaries (N)		CSI: Crime Scene Investigat'n		Grey's Anatomy (N)		The Mentalist "18-5-4"		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
sports	406	417	27	net	Week-Baseball	Sportsnet Con.	MLB Baseball Toronto Blue Jays at Chicago White Sox. From U.S. Cellular Field in Chicago.						Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey	NHL Hockey San Jose Sharks at Detroit Red Wings. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	410	403	52	SCR	NBA Basketball Playoffs: Teams TBA.				Score Now		Score Now		Score Now
	411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	59	SC	NASCAR	NASCAR Hub	Fast Track to Fame		Pinks -- All Out (HDTV)		Pinks -- All Out (HDTV)		Pass Time
family	554	544	48	TEL	Spliced (N)	Total Drama	Stoked (N)	6TEEN	Futurama	King of the Hill	*Futurama: Bender's Big Score* (2007, Comedy)		
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	That's-Weird	Family Biz	Ruby/Rockits	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Bono and the Edge		Family Jewels
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		Fugitive Chronicles (N)		Fugitive Chron.
	628	584	32	SPKE	*The Transporter* ★★ (2002, Action) Jason Statham.				(9:05) TNA Wrestling (HDTV)				(11:05) Jail
	521	560	34	TLC	LA Ink "Time Is Up"		Police Women of Maricopa		The Imploders (N)		Heavy Haulers (N)		The Imploders
	145	761	35	TV5	Horizons (SC)		Envoyé spécial			Geopolitis	Le Voile révélateur		TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*The Last Trimester* (2006, Suspense) Chandra West.				NCIS "Lt. Jane Doe"		NCIS
	620	523	40	BVO	Storytellers	Snapshot	Innovators	Writers	*Manufactured Landscapes* ★★★ (2006, Documentary)				Law & Order
	520	505	42	DIS	Daily Planet (N)		Cosmic Collisions Meteors and asteroids.				MythBusters		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable
	601	562	45	SLC	Rich Bride Poor Bride		Bootcamp	Last 10	Last 10	Last 10	X-Weighted "Madison"		ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin	Sarah	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		Seinfeld	Seinfeld	*Phantoms*
	600	564	49	H&G	House Hunters	Property Virgin	Holmes Inspection		House-Bryan	Real Renos	House Hunters	House Hunters	Holmes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		V "Hearts and Minds"		Lost "The Candidate" (N)		InnerSpace (N)
	581	566	53	MTV	Cribs	Cribs	Cribs	Movie Night	Nitro Circus	Ultimate Parkour Challenge		Ultimate Parkour Challenge (N)	
	618	524	54	TROP	Reality	What Happen?	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show	King	Comeback
	522	506	55	HIS	Ice Road Truckers "Arctic Ice"		Ice Pilots NWT (HDTV)		Ax Men (HDTV)		Ancient Discoveries		Re-Inventors
	129	773	60	CD	Biographies "Mike Tyson"		Science du combat (HDTV)		Gangland (HDTV) (SC)		Eaux troubles du crime (HDTV)		J'ai frôlé
	261	394	61	V	Murder, She Wrote		On the Buses	The Good Life	*Scar Tissue* (2002, Drama) Roberta Maxwell, Shawn Doyle.				Fatwas-Beauty
	602	567	62	W	Supernanny		Love It or List It "Ethier"		Confidential	Confidential	Divine Design	House-Sell	Love It-List It
	269	350	70	APTN	Wapos Bay	By the Rapids	Call of the Wild "The Attack"		*Whale Rider* ★★★ (2002, Drama) Keisha Castle-Hughes.				By the Rapids
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Chuck-Day Off	HEAT, McEwan	At the Table	Ultimate Recipe Showdown		Ace of Cakes	Ace of Cakes	Bitchin

cable variety

critics'corner

The Office

A suspicious Michael (Steve Carell) thinks his girlfriend, Donna (guest star Amy Pietz), is cheating on him and asks Dwight (Rainn Wilson) to investigate. Andy (Ed Helms) becomes frustrated when no one takes his customer's complaint seriously in the new episode "The Cover-Up." John Krasinski and Jenna Fischer also star. 9 PM on 9 NBC 3 GTV

Manufactured Landscapes

You may never look at an oil rig, a tire dump or a set of railroad tracks the same way again after seeing the work of Edward Burtynsky. In this documentary, filmmaker Jennifer Baichwal follows the Ontario-born photographer to China, where he turns his lens on the Shanghai cityscape, giant factory floors and the enormous Three Gorges Dam, finding a strange beauty in the man-made and mundane. 9 PM on 40 BVO

Seinfeld in Montreal

COMEDY Comedian Jerry Seinfeld will be returning to his standup comedy roots with two shows at Montreal's Place des arts in August.

Seinfeld, who is currently the producer of The Marriage Ref TV reality show, is best known for his 1989-1998 situation comedy Seinfeld, about the misadventures of a group of socially disfunctional friends in New York.

While Seinfeld's show is being staged in collaboration with Just for Laughs, it is not part of the event, which winds up a few weeks before Seinfeld's Aug. 7 appearance.

THE CANADIAN PRESS

Idols' winners

MUSIC Carrie Underwood may have sold more albums than Kelly Clarkson, but the original American Idol winner is still the most successful, according to Billboard.

Clarkson has sold 10.6 million albums, 15.9 million tracks and has had 4.2 million radio plays, according to Billboard.com, ranking her the top graduate from Idol.

THE ASSOCIATED PRESS

Top Chef judge named ... America's top chef

Top Chef judge Tom Colicchio, whose numerous restaurants include Craft, Craftsteak and the recently opened Colicchio & Sons in New York, passed a quickfire challenge of his own Monday when he was named the top chef in the U.S. by the James Beard Foundation. THE ASSOCIATED PRESS

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

ZaZaZa is blah blah

SHARI GOODMAN
OttawaUrbanFoodie@gmail.com

ZaZaZa
143 Putman Ave.
(613) 747-9292

Rating: ●●●
Dinner for two with drinks: $30
Signature Dish: Pizza ($8 to $17 depending on size and selection)

I'm always on the lookout for a restaurant that satisfies all the different palates in my family, being outnumbered in the under 12 region. So, when there's an option for a meal we can all enjoy that's beyond the "big box" restaurants, I'm keen to go.

ZaZaZa is to pizza what The Works is to hamburgers. And, in fact, it is owned by the same people. From plain pizza with cheese (my kids' favourite) to another with pear, pecans, brie and arugula, the options are diverse. Though the place is tiny, with only 25 seats, the service is big and friendly.

On the web

- Get recipes and more great food content at metronews.ca/recipes

To start, the Potato Crisps ($3.47) were spicy, crispy and came with a creamy feta dipping sauce. My Crazy Horse pizza ($9.69 for the 10-inch) was loaded with spinach leaves, mushrooms, chicken, red onions, pine nuts and goat cheese, all the flavours melding together merrily. But the Surf Da Turf ($10.96), which only contained four pieces of steak and four shrimp, was declared skimpy and even bland since the cheese was simply plain mozzarella. Next time, I may be brave enough to try the Scary Roommate with sauce, cheese, Kraft Dinner and hot dogs.

For dessert, Bill's Threesome ($4.67) satisfied many forks with its appeal of chocolate, peanut butter and banana.

ZaZaZa is novel, but sits on the flat side of the pizza wheel.

SHARI GOODMAN/FOR METRO OTTAWA

Crazy Horse 10-inch Pizza ($9.69).

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Pear Tart Art.

Dining out

FOOLISH CHICKEN At Foolish Chicken, you can find more than just chicken. Perfect with your pint is marinated, braised, and grilled ribs or pulled pork sandwiches. They also offer a private upper level for parties. 79 Holland Ave. (613) 321-4715

NANDOS Experience authentic frame-grilled chicken cooked in the Portuguese style at Nandos. Relying on the heat from piri piri this place is piquant but can cook it to order for milder taste buds. 1461 Merivale Rd., (613) 749-7445

SHARI GOODMAN/ FOR METRO OTTAWA

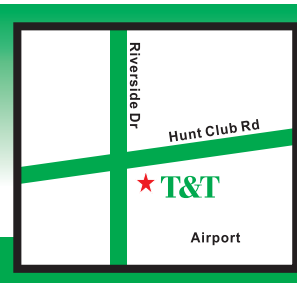
In brief

ATTEND the opening of the Carp Farmers' Market this Saturday in Carp from 8 a.m. to 1p.m. carpfarmersmarket.com.

SPOIL your mom at a Mother's Day Brunch this Sunday at Strathmere from 11 a.m. to 3 p.m. strathmere.com.

SHARI GOODMAN/ FOR METRO OTTAWA

大統華T&T Supermarket
www.TnTsupermarket.com
224 Hunt Club Road, Ottawa, ON, K1V 1C1
613-731-8113 9am-9pm (Sat-Thur) 9am-10pm (Friday)



Canada's Largest Asian Supermarket Chain

To many Canadians, T&T Supermarket is the embodiment of the taste of Asia. We differ from other supermarkets by featuring many uniquely Asian food products not available in other retail outlets. While your shopping at T&T is like taking a journey through parts of Asia where one finds fresh mangoes from the Philippines, crispy snacks from Japan, sauces from Hong Kong, noodles from Taiwan, spices from Thailand and variety of flavours from China and other Asian countries. There are some of our favourite stops among shoppers at T&T, for example, the seafood department where fresh fish, shrimps, crabs and lobster swim in large holding tanks waiting to be chosen. Another stop is produce department along with exotic fruits and veggies from around the world. Enjoy papaya from Hawaii, durian from Thailand, Star fruit from Taiwan and much more. *Come and experience yourself !*

Exotic

Oriental

Fresh
Variety

This Week's Super Deal
Limited to Ottawa Store

May 2010

FRI	SAT	SUN	MON	TUE	WED	THU
7	8	9	10	11	12	13

- Check prices on display tags in store in case of discrepancy due to a printing error in this advertisement
- Offers valid while stock lasts
- T&T reserves the right to limit quantities

4 DAYS ONLY 5/7-5/10 Fri.Sat.Sun & Mon

Mini Seedless Watermelon
Product of Mexico
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Live Canner Lobster
5.98 ea
0.32kg and up

Nestle Pure Life Natural Spring Water (Pack)
500mlx20
2/$5

Futomaki Sushi Set
10.98 set
600g

Dim Sum Combo
9:00a.m. to 10:30a.m. Mon to Fri
One set of Dim Sum + Congee or Soya Milk

Super Deal
1.99 /Set

Supersize me!
It seems Heidi Montag's 13 plastic surgeries weren't enough, after all — Spencer Pratt says his wife wants to enlarge her breasts again, the new issue of Life & Style reveals. METRO NEWS SERVICES

Celebrity Buzz

Sheen stepping down as dutiful daddy?

MAY AS WELL MAKE IT LEGAL Charlie Sheen has reportedly surrendered custody of his daughters, femalefirst.co.uk reports.

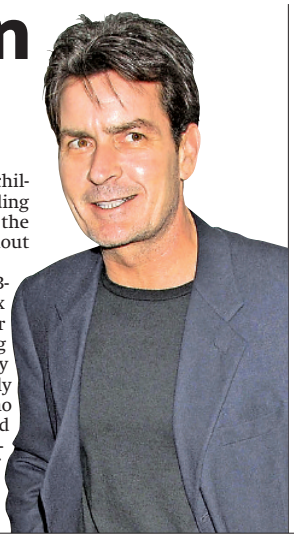
The Two and a Half Men actor signed a written agreement two weeks ago to give ex-wife Denise Richards full custody of six-year-old Sam and four-year-old Lola, to replace the shared arrangement they currently have.

Gossip website TMZ reports the actress wanted full legal custody due to her former spouse's current marital problems with wife Brooke Mueller, his struggle to stay sober and the criminal charges he is faced with following his arrest for allegedly attacking Brooke last Christmas Day.

Although Sheen willingly signed the documents, they have not been filed with the court yet.The agreement means Richards, 39, can now make medical, schooling and other important decisions regarding the children's welfare — including taking them out of the country — without Sheen's approval.

Sheen — who has 13-month-old twins Max and Bob with Mueller — is currently living away from his family but the couple recently stated they have no plans to divorce and want to save their marriage for the sake of Max and Bob.

METRO NEWS SERVICES



Here's one thing Ryan can commit to

TATTOOS — PAINFUL AND PERMANENT. OR YOU COULD JUST PUT HIS MOVIES ON REPEAT TO GET THE SAME EFFECT While he hasn't had the best luck in relationships, after his divorce from Reese Witherspoon and recent breakup with Abbie Cornish, Ryan Phillippe can at least find solace in tattoos.

"Tattoos are like a map to your life," the actor tells Inked magazine. "Permanence is bravery. So many things in our lives aren't permanent. Nothing lasts forever." METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

JUSTIN BIEBER doesn't want people thinking he's stupid, **ELIZABETH BANKS** is getting superstitious, and **JEREMY PIVEN** knows he's been acting odd.

@justinbieber because I thought this interviewer in NZ said "Jewman" instead of "German" people think I dont know what German is?

@ElizabethBanks Spilled salt at lunch and just accidentally walked under a ladder (while texting). If I see black cat, then I'll know I'm really in for it.

@jeremypiven Ok for the record if u see me walking in circles and mumbling I'm just preparing so have mercy.

GETTY IMAGES

METRO NEWS SERVICES

Be excellent to each other

AND SO THEY WERE Charlize Theron has been spotted kissing Keanu Reeves, reports British website femalefirst.co.uk

The pair — who played lovers in 2001 movie Sweet November and also starred together in The Devil's Advocate — stunned onlookers with their intimate embrace as they left a Beverly Hills restaurant on Monday, before breaking apart when they realized they had been spotted.

A fellow diner at upscale eatery Bouchon revealed Theron, 34, and Reeves, 45, were enjoying each other's company and seemed in no hurry to end their date, tasting several red wines before selecting a bottle and indulging in several snacks before starting their meal.

"Keanu and Charlize were having a great time," the onlooker told website hollywoodlife.com.

"They were constantly laughing, almost disrupting other tables with how loud they were."

METRO WORLD NEWS

They grow up so fast

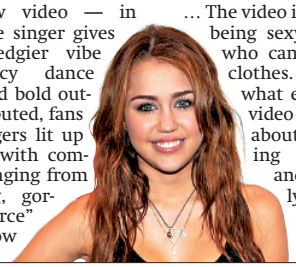
LET'S JUST HOPE NOT AS FAST AS BRITNEY The online reaction to Miley Cyrus's new video Can't Be Tamed, well, can't be tamed, people.com reports.

Within hours since the sexy new video — in which the singer gives off an edgier vibe with racy dance moves and bold outfits — debuted, fans and bloggers lit up the Web with comments ranging from "stunning, gorgeous, fierce" to "wow way too much for someone her age."

"It is a sexy video, you can't take that away from it," Cyrus, 17, told E!'s Ryan Seacrest.

But "it's not the premise … The video is not about being sexy or about who can wear less clothes. That's what every other video about. It's about explaining the song and living the lyrics."

METRO NEWS SERVICES



Fond memories

WHEN LINDSAY COMMANDEERED A CAR TO CHASE SOMEONE DOWN *SIGH* After a night of partying with her mom, Lindsay Lohan finally made it to a deposition related to her 2007 DUI arrest, according to E! News. The court date was Lohan's last chance to appear, though she arrived at the courthouse 22 minutes late. Lohan is being sued by three passengers who claim she kidnapped them and hijacked their car to chase her former assistant's SUV.

"Lindsay sat through an absurdly long deposition, and answered every question truthfully and honestly," her lawyers says. "We are anxious to go to trial so that she will be vindicated once and for all."

METRO WORLD NEWS

Wanted: Fact checkers for Hollywood

A QUICK IMDB SEARCH GOES A LONG WAY Julia Louis-Dreyfus almost had the unveiling of her star on the Hollywood Walk of Fame ruined by some poor spelling, with her tile mislabeled as "Julia Luis Dreyfus."

A CNN producer, David Daniel, noticed the error and contacted the committee in charge. "It turns out Louis-Dreyfus thought the mistake was hysterical, and wanted them to leave it, but they'd already chiseled out the 'Luis' and put a temporary 'Louis-' in its place for the unveiling," Daniel says.

METRO WORLD NEWS

Enjoying the finer things

LIKE EATING MUSH AND HALF-STARVING YOURSELF. FUN! Jennifer Aniston is the latest celebrity to take on trainer Tracy Anderson's baby food diet, according to Hollyscoop.

The cleanse consists of eating 14 small portions of pureed food a day, followed by a normal dinner.

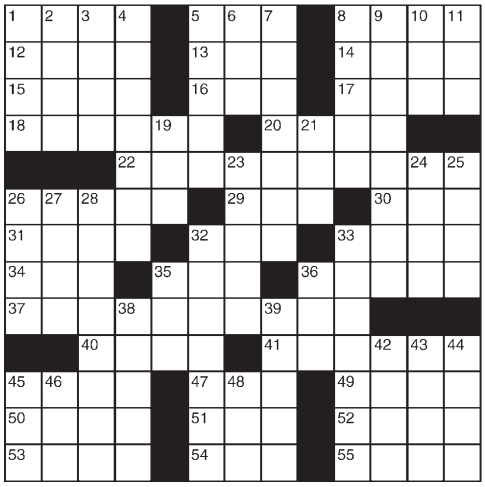
"I developed a cleanse where you can still eat and it's a lot of puree foods," Anderson tells the website. "I was very careful about the foods I chose to put in it."

METRO WORLD NEWS

The Weather Network
TWN incorporates MSC data
Today Thundershowers 18°/7°
Friday Mainly sunny 15°/5°
Saturday Rain 90% 11°/4°
STAY PREPARED WITH OUR MOBILE WEBSITE. Visit theweathernetwork.com on your mobile.

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9		5				2		6
	1		3		2		9	
7			9		8			1
		7	2		3	8		
		9	6		1	4		
1			5		6			4
	7		1		4		6	
6		2				1		3

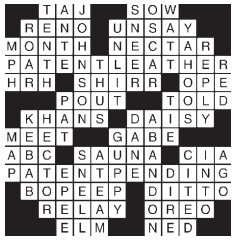
ACROSS

1 Pleased
5 Docs' org.
8 "That's a relief!"
12 Staffer
13 Restroom, for short
14 Emanation
15 Paper quantity
16 Monokini's lack
17 Despot
18 Department
20 Clock sound
22 Redundantly named money dispenser
26 Disposed (to)
29 Weep
30 Veto
31 Knocks
32 Sleepwear, briefly
33 Wrinkly citrus
34 Prior night
35 Twosome
36 Beginning
37 Redundantly named IDs for 22-Across
40 Profound
41 Meal
45 Reed instrument
47 Documentarian Burns
49 Always
50 Crucifix
51 "— Impossible"
52 Infamous lyre player
53 Prevents
54 Writer Hentoff
55 Salver

DOWN

1 Apparel
2 Stead
3 Hebrew month
4 Lowers in status
5 Book of photos
6 Scratch
7 Internet forum icons
8 Keep an eye on
9 Corn farmers' socials
10 Mound stat
11 Ares' realm
19 Chowed down
21 Unfriendly
23 Low-pay, low-skill work
24 Shade of green
25 Way out
26 Get ready, briefly
27 Sitarist Shankar
28 Freedom of access
32 Jack-o'-lantern
33 Left over, as money
35 About to arrive
36 Raw rock
38 Has to have
39 Dada artist Max
42 State with conviction
43 Antitoxins
44 Helen's home
45 Sphere
46 Feathery neckpiece
48 Greek vowel

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	7	8	4	5	6	2	9	1
5	4	9	2	3	1	8	7	6
1	6	2	9	7	8	3	5	4
4	1	5	8	6	3	7	2	9
8	3	7	1	9	2	6	4	5
2	9	6	7	4	5	1	3	8
6	2	4	3	8	9	5	1	7
9	5	1	6	2	7	4	8	3
7	8	3	5	1	4	9	6	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Pecan Crusted Red Snapper

Recipe Developed by Paula Bowman
Photo: Carlo Mendoza
PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS:

2 tbsp olive oil, plus more for greasing pan
3/4 cup pecans, toasted
1 tsp rosemary, finely chopped
1/2 tsp kosher salt, plus more for vinaigrette
1/4 tsp freshly ground black pepper, plus more for vinaigrette
1 tbsp dijon mustard
4 (5-6oz) skinless red snapper fillets

METHOD:

1. Preheat oven to 425°F. Line a rimmed sheet pan with tin foil and lightly grease with olive oil. Set aside.
2. In a food processor, pulse nuts until ground. Transfer to a shallow bowl and toss with rosemary, salt and pepper and set aside.
3. In a small bowl, combine mustard and 1 tablespoon olive oil and stir until well blended. Place fish on a flat surface. Divide mustard mix evenly and spread over the top side of each fillet. Working with one fillet at a time, place fish, mustard-side down into the reserved pecan mixture and coat evenly. Transfer fillet to prepared pan, pecan side up, and continue with remaining fillets. Bake in oven until top is crispy and cooked through, about 8 to 10 minutes.

SERVES 4

- *Serve this recipe with Carrot Vinaigrette Salad and Sesame Roasted Potatoes with Cucumber Dip. Find the recipes at 20minutesupperclub.com/metro.*

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minute supperclub.com.**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Focus on your aims and ambitions today. You don't have to do anything specific but you must think deeply about what it is you hope to achieve.

TAURUS
APRIL 21-MAY 21
You don't have to put other people's interests ahead of your own. You don't have to miss out on a good time just because friends are finding things tough.

GEMINI
MAY 22-JUNE 21
If certain things are going out of your life it can only be because you no longer need them. Other, better things will soon be along to fill the gap.

CANCER
JUNE 22-JULY 22
If a decision you made recently turned out to be wrong there is still time to put things right again, but you've got to be quick.

LEO
JULY 23-AUG 23
You seem to be thinking about faraway places and how nice it would be to see what is beyond the horizon. By why just think? Why not do it?

VIRGO
AUG 24-SEPT 22
Go out of your way to thank someone who did you a favor recently. Your act of appreciation will make a big impression.

LIBRA
SEPT 23-OCT 23
You never met a shop window you did not like and the temptation to splurge is strong today. Go on a spree if you must but leave something in reserve.

SCORPIO
OCT 24-NOV 22
By all means help a friend or work colleague get something done today but don't do everything for them. Give them the push they need.

SAGITTARIUS
NOV 23-DEC 21
Today there is a danger you will do too much for loved ones and not enough for yourself. It's okay, even desirable, to be selfish occasionally.

CAPRICORN
DEC 22-JAN 20
You will find it much easier to explain to partners and loved ones what it is that's been worrying you.

AQUARIUS
JAN 21-FEB 18
Others can criticize as much as they like but you must maintain an optimistic outlook. It's the positive people who make the world a better place.

PISCES
FEB 19-MARCH 20
If you have got something arduous planned you are strongly advised to cancel it. You just won't have the energy to make a success of it.

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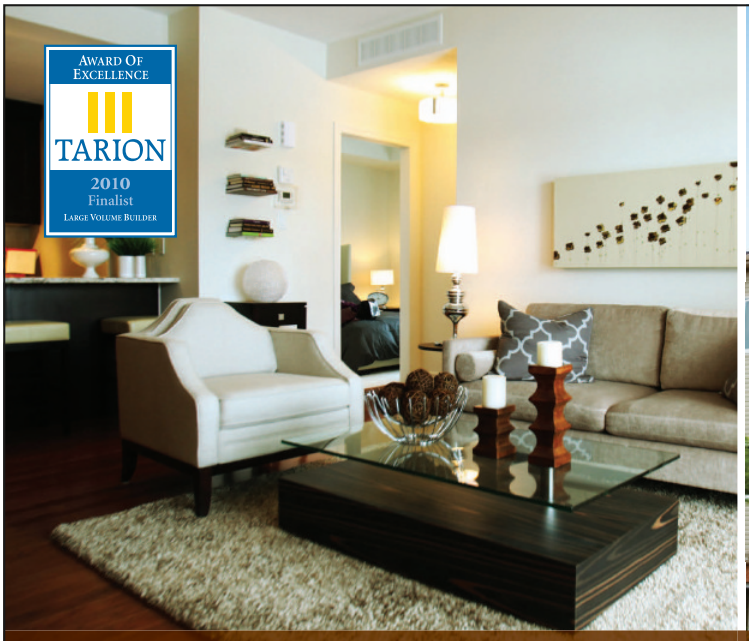
613 263 0063 • 613 276-7750

This day in history

1682: Louis XIV of France moves his court to Versailles.
1889: The Eiffel Tower is officially opened to the public at the Universal Exposition in Paris.
1937: The German zeppelin Hindenburg catches fire and is destroyed within a minute while attempting to dock at Lakehurst, N.J. Thirty-six people are killed.
1940: John Steinbeck is awarded the Pulitzer Prize for his novel The Grapes of Wrath.
1954: Roger Bannister becomes the first person to run the mile in under four minutes.
1999: First elections to the devolved Scottish Parliament and Welsh Assembly held.

METRO NEWS SERVICES



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* Based on 15% down payment, 5 year term @ 4.55%, 30 year amortization. Condo fees and taxes not included. Prices and interest rates subject to change without notice. E. & O.E.

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